



# The St. Michael's Cookbook



# The St. Michael's Cookbook

Published by:

Episcopal Church Women  
St. Michael's Episcopal Church  
Raleigh, North Carolina

First Edition – 1963

Second Edition – 1975

SPARKS PRESS, Publishers

P. O. Box 26747

Raleigh, North Carolina 27611



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### **CIRCULATION**

Mrs. Peter S. Howsam

Special thanks to Mrs. J. LeRoy King and Mrs. John Clayton Smith for their help.



## CONVERSIONS TO METRIC SYSTEM

### LIQUID

1 tablespoon	= 15 milliliters
1 ounce	= 30 milliliters
8 ounces	= 240 milliliters
1 pint	= 0.480 liters
1 quart	= 0.950 liters
1000 milliliters	= 1 liter

### DRY

1 ounce	= 28.35 grams
8 ounces	= 226.8 grams
1 pound	= 453.6 grams
1000 grams	= 1 kilogram
1 metric ton	= 2,204.6 pounds
1 ton	= 2000 pounds

### LENGTHS

1 inch	= 2.54 centimeters
1 yard	= 97.44 centimeters
1 meter	= 39.37 inches
1 centimeter	= 10 millimeters
100 centimeters	= 1 meter

### TABLE OF EQUIVALENTS

2 cups sugar	= 1 pound
1 pound powdered sugar	= 3 1/2 cups
4 cups flour sifted	= 1 pound
1 pound butter	= 2 cups
1/2 cup butter	= 1 stick
1 lemon	= 3 tablespoons juice
1/2 cup orange juice	= 1 medium orange
1 cup egg whites	= 8-10 whites
1 cup egg yolks	= 12-14 yolks
3 cups chopped nuts	= 1 pound
1 slice bread	= 1/4 cup dry crumbs
2 1/2 cup raisins	= 1 pound
3 teaspoons	= 1 tablespoon
5 1/3 tablespoons	= 1/3 cup
5 1/3 tablespoons	= 1/3 cup
2 cups	= 1 pint
4 cups	= 1 quart
8 quarts	= 1 peck
32 ounces	= 1 quart
4 pecks	= 1 bushel
16 ounces	= 1 pound
8 liquid ounces	= 1 cup
1 liquid ounce	= 2 tablespoons

### ABBREVIATIONS

tsp.	= teaspoon
Tbsp.	= tablespoon
pt.	= pint
qt.	= quart
oz.	= ounce
lb.	= pound
deg.	= degrees
pkg.	= package
gal.	= gallon
sm.	= small
med.	= medium
lg.	= large
min.	= minutes
hr.	= hour

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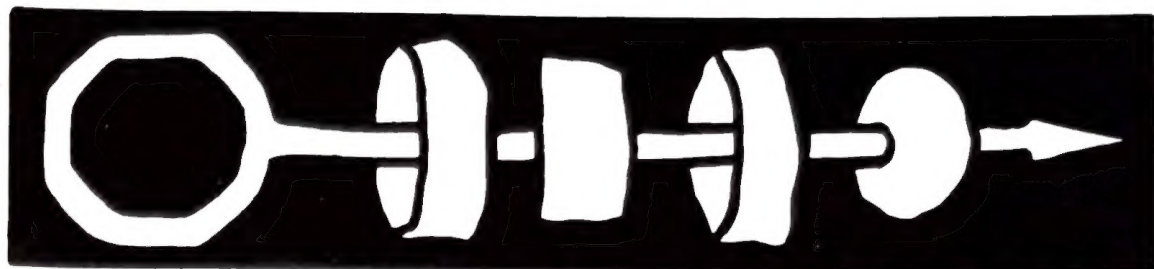


designates recipes which appeared in the first edition of St. Michael's Cookbook.

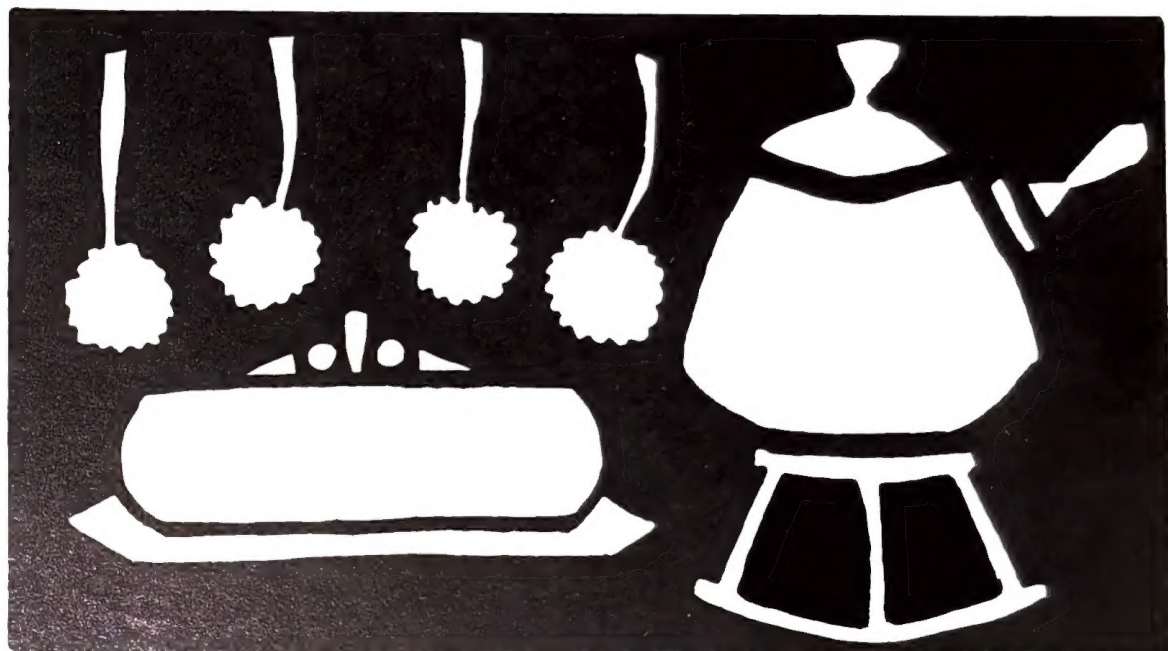


designates recipes which can be prepared at a low cost.





# Appetizers and Beverages



“Go thy way, eat...with joy, and drink  
thy wine with a merry heart...”

— *ECCLESIASTES 9:7*



**MOTHER'S ANCHOVY PUFFS**

1/2 cup butter  
1 3-ounce package cream cheese  
1 cup flour

1 tube anchovy paste  
1/2 cup chopped pecans

Blend butter and cream cheese. Add flour. Chill and roll very thin. Cut with a small biscuit cutter. Spread each round with anchovy paste and a few pieces of chopped pecans. Fold dough over making a puff. Bake at 400° about 10 minutes. Serve hot. Makes 45 puffs.

**Filling Variations:** Chopped green stuffed olives and nuts  
Chopped mushrooms and onions

Mrs. Samuel T. Wyrick III  
(Deborah)

**BACON BROIL QUICKIE**

Mix mayonnaise, drained crumbled bacon and dehydrated onion to taste. Spread, do not mound, on toast squares and broil until bubbly.

Mrs. Charles H. Rogers (Judy)

**BACON AND CHEESE SPREAD**

3 cups shredded Cheddar cheese  
1 1/2 tablespoons mayonnaise  
1 tablespoon chili sauce

1 teaspoon Worcestershire sauce  
1/4 pound bacon, cooked crisp  
and crumbled

Mix together lightly and spread on toast squares — broil. Yield: 1 pint.

Mrs. Charles H. Rogers (Judy)

**SAVORIES**

1/2 can chopped ripe olives  
1/2 jar chopped chip beef (or substitute bacon bits)  
1/2 pound grated sharp cheese (mix with a little mayonnaise)

Put on toast pieces and brown in the oven.

Mrs. T. Fred Armstrong (Sara)

**BEEF ROLLUPS**

1 small jar dried beef  
8 ounces cream cheese  
1 teaspoon horseradish  
chopped olives

seasoning salt  
celery salt  
paprika  
onions (optional)

Beat well all the ingredients but the dried beef. Spread on the beef and roll up. Sprinkle with chives, parsley and/or tops of spring onions.

Mrs. James M. Boyette, Jr.  
(Nancy)



## BILLIE'S BREAD

1 loaf Colonial Store bread — thin sliced

1 1/2 sticks butter melted, to which add 2 teaspoons each of:

parsley flakes

oregano

thyme

marjoram

basil

Spread on bread and bake at 250° for 30 minutes. Can be kept warm in the oven, but do serve hot.

Mrs. R. Mayne Albright (Frances)

## HOT CANAPE (This is quick and easy and very good.)

Cut bread slices with biscuit or cookie cutter. Put thin slice of onion on each one, top with approximately 1 teaspoon of mayonnaise and grated cheese (your choice). Broil until toasted.

Mrs. Hunter P. Tapscott (Nancy)

## MARINATED BRUSSEL SPROUTS

1 10-ounce package frozen Brussel sprouts, cooked according to the package directions and drained. (Cut large pieces in half.) Combine:

1/2 cup low calorie Italian dressing

1 teaspoon dried parsley flakes

1 small clove garlic, minced

1/2 teaspoon dried dillweed

2 tablespoons finely chopped onion

Pour over warm Brussel sprouts. Cover and marinate in the refrigerator for several hours or overnight. Drain and serve with cocktail picks. Makes approximately 2 cups. (Will keep in the refrigerator for several days.)

Mrs. Gilbert S. Taylor (Margaret)

## CHEESE DIP FOR CRACKERS

1/2 pound cream cheese

1/2 pound Roquefort cheese

1/2 cup Bourbon

Soften cheeses and mix thoroughly and add whiskey very slowly. Can be stored in a covered jar in the refrigerator.

Mrs. R. Mayne Albright (Frances)

## CHEESE SPREAD

Mix:

1 large package cream cheese

1 package onion soup

1 grated cucumber

For a dip: Mix cheese spread with mayonnaise to soften.

Mrs. Hunter P. Tapscott (Nancy)



**CHEESE SQUARES**

3 slices Pullman loaf bread  
1 jar Old English cheese  
1 stick margarine  
dash Worcestershire sauce

little grated onion  
1/4 teaspoon yellow mustard  
1 egg

Take the slices of bread and trim off the crust. Butter bottom slice, then put next slice on top and butter that one, then add the last slice. Cut three ways - making 9 squares. In a double boiler, put 1 jar of cheese, margarine, Worcestershire sauce, onion and 1/4 teaspoon mustard. Stir until melted and smooth. Take off of the heat and add one egg (beaten with a fork). Beat the mixture with a hand beater a few times and spread "icing" on each cube. Put into the freezer. Bake frozen.

Mrs. T. Fred Armstrong (Sara)

**CHEESE CRISPIES**

2 sticks margarine  
2 cups sharp grated Cheddar cheese

2 cups flour  
2 cups Rice Krispies

Mix margarine and cheese well. Add flour and mix. Add Rice Krispies and mix lightly. Take a teaspoon of the mixture and form into a ball. Press down with a fork. Bake 10 minutes at 425°. (Can add a dash of tabasco sauce if desired.)

Mrs. Jack Durant (Judy)

**DEVEILED CHEESE BITES**

2 3-ounce packages cream cheese  
1 4-ounce package blue cheese,  
crumbed  
2 small cans deviled ham  
1/2 cup chopped pecans

onion juice to taste  
1/2 to 1 cup finely chopped  
parsley  
1/2 cup commercial sour cream  
garlic salt to taste  
thin pretzel sticks

Combine cream cheese and blue cheese. Blend until smooth. Stir in the deviled ham, pecans and onion juice; chill. Shape into balls the size of walnuts and roll them in parsley. Chill until serving time.

Combine sour cream and garlic salt; chill. Serve as a dip and use pretzel sticks to spear cheese balls. Yield - about 40 appetizers.

Mrs. T. Fred Armstrong  
(Sara)

**CHEESE BALL**

2 8-ounce packages cream cheese  
2-4 tablespoons chopped onion  
1 small bell pepper, diced

1/2 cup chopped walnuts  
1 small can crushed pineapple,  
drained

Mix together and roll. Put in refrigerator for 1/2 hour before rolling in nuts. Can be frozen.

Mrs. Maurice Courie (Bobbie)

## CHEESE-OLIVE PUFFS

2 cups medium sharp cheese  
1/2 cup butter  
1 cup plain sifted flour

1/2 teaspoon salt  
1 teaspoon paprika  
Spanish olives

Blend cheese with butter and mix in flour, salt and paprika. Wrap 1 teaspoon of dough around a drained olive. Roll in palm of hand until the olive is completely covered by the dough. Freeze on a cookie sheet and store in the freezer. Bake while frozen on an ungreased cookie sheet at 400° for 15 minutes.

Mrs. Charles Ashby (Sissy)  
Mrs. J. Tate Lanning (Michael)

## CHEESE-OLIVE BALLS

1 pound sharp cheese, grated  
1 cup flour  
red pepper to taste

garlic salt to taste  
Worcestershire sauce to taste  
large jar medium sized stuffed olives

Grate cheese on the coarse end of the grater. Let grated cheese soften at room temperature until the consistency of butter. Add flour and seasoning – working into the dough. Press mixture around olives. On a lightly greased baking sheet, bake for 10 minutes at 400°. Serve hot.

Mrs. Linwood C. Savage (Ann)

## HOT CHEESE PUFFS

1 3-ounce package cream cheese,  
softened  
3/4 cup grated onion  
1/4 cup mayonnaise  
1 tablespoon chopped chives

1/8 teaspoon cayenne pepper  
2 tablespoons grated Parmesan  
cheese  
bread slices

Combine all the ingredients except bread; blend well. Cut bread into 1 1/2 rounds. Spread with cheese mixture. Bake at 350° for 15 minutes. Yield: about 25 servings.

Mrs. T. Fred Armstrong (Sara)

## CHEESE & POPPY SEED STICKS

1 loaf bread  
1 pound margarine  
3 ounce can Parmesan cheese (might  
need more)

2 tablespoons poppy seed  
1 teaspoon soy sauce  
1 teaspoon paprika

Cut crusts from bread. Cut each slice in 5 strips. Melt the butter and brush each strip with butter. Mix the last four ingredients. Roll buttered strips in mixture. Bake at 325° for about 15-20 minutes. Serve cold.

Mrs. T. Fred Armstrong (Sara)

**CHILI CHEESE ON RYE**

1 loaf Pepperidge Farm party rye  
1 pound grated Cheddar cheese

1 can chopped green chili pepper  
mayonnaise

Butter one side of the bread and broil one minute until slightly brown. Turn over and spread mixture: cheese and chili pepper mixed with enough mayonnaise for spreading consistency. Broil a minute until bubbly and serve hot.

Mrs. Charles H. Moseley, Jr.  
(Cathy)

**GARLIC CHEESE**

1/2 pound grated Cheddar cheese  
1 1/2 packages cream cheese (3 ounces)  
3 cloves garlic pressed  
1/2 teaspoon salt

dash tabasco sauce  
1/2 tablespoon Worcestershire  
sauce  
1/2 teaspoon lemon juice  
1/2 teaspoon sugar

Let cheese come to room temperature and mix all the ingredients well (use mixer) and make rolls the diameter of Ritz cracker. Sprinkle paprika on top of the rolls and refrigerate before using. The longer you keep this cheese, the better it gets. Can be frozen.

Mrs. James H. Johnson, Jr.  
(Cece)

**KAY'S CHEESE BALL**

4 large packages cream cheese  
1 small jar Borden sharp  
2 small jars blue cheese  
1 tablespoon Worcestershire sauce  
1/2 teaspoon cayenne

1 cup toasted pecans, chopped  
fine  
1/2 bud garlic (garlic salt is  
easier)

Soften cheeses and mix together with seasonings. Form into ball shape and refrigerate until harder. Roll into smaller balls and roll in chopped pecans. Can be frozen.

Mrs. Charles H. Moseley, Jr.  
(Cathy)

**CHEESE BALL**

2 packages (8 ounce) cream cheese  
2 jars (5 ounces each) process sharp  
Cheddar cheese spread  
4 ounces process blue cheese

3 tablespoons red wine vinegar  
dash garlic salt  
1 cup chopped nuts

Allow cheese to soften at room temperature. Combine with the wine and salt. Blend until smooth. Refrigerate about 30 minutes. Shape into a ball. Roll in chopped nuts. Serve as a spread for crackers. Yields about 3 cups of spread.

Mrs. David M. Sisk (Deborah)



**CRISPY CHEESE WAFERS**

- |   |                                 |
|---|---------------------------------|
| 1/3 cup margarine                           | 1/4 teaspoon salt               |
| 1 8-ounce wedge Cheddar cheese,<br>shredded | 1 cup flour                     |
|   | 1 teaspoon Worcestershire sauce |

Thoroughly blend the margarine and cheese; stir in the Worcestershire sauce and salt. Add flour; mix well. Form dough into 2 rolls about 1 1/2 inches in diameter; wrap in waxed paper and chill. Slice thin. Place on ungreased baking sheet; bake at 375° for 8-10 minutes.

**Variations:**

Prepare some with nut meat on top.

Mix crushed nuts into some of the dough using no Worcestershire sauce.

Can be made into a cheese ball with paprika sprinkled on it.

Makes 4 dozen wafers.

Mrs. Hunter P. Tapscott (Nancy)

**CHEESE BALLS**

- |                           |   |
|---------------------------|---|
| 2 sticks butter, softened | 1 pound sharp Cheddar cheese,<br>grated |
| 2 cups flour              | dash cayenne pepper                     |

Mix all of the ingredients together well and roll in small balls. Place 1 1/2 inches apart on cookie sheet. Bake 10 minutes at 425°. The uncooked balls can be frozen and cooked as needed.

Mrs. Donald Coffey (Nancy)

**SWISS CHEESE FONDUE**

- |   |   |
|---|---|
| 1 pound cheese (1/2 lb. emmentaler<br>and 1/2 lb. Gruyere — grated) | 1 tablespoon lemon juice                                      |
| 3 tablespoons flour   | 2 loaves French bread, cut into<br>cubes — crust on each side |
| 2 cups dry white wine   | 1 clove garlic  |
| 3 tablespoons Kirsh or brandy                                       | nutmeg, pepper or paprika to<br>taste                         |

Dredge cheese lightly with flour. Rub ceramic cooking pot with garlic and pour in wine. Place over moderate heat. When wine is hot, but not boiling, add lemon juice, then add cheese by handfulls, stirring constantly with wooden spoon or fork until cheese is melty. Bring fondue to bubble; add Kirsh and spices — stirring until blended.

Mrs. Linwood C. Savage (Ann)

**CHILI CON QUESO**

- |  |                                   |
|--|-----------------------------------|
| 1 pound Velveta                                  | 1 tablespoon Worcestershire sauce |
| 1 small can green chili peppers,<br>chopped fine | chopped tomato (optional)         |
|  | 6 drops Tabasco                   |

Melt Velveta in a double boiler and add other ingredients. Serve in chafing dish or fondue with chips. Can be frozen.

Mrs. Charles H. Moseley, Jr. (Cathy)

**HOT CRAB DIP**

1 can crab  
4 8 ounce packages cream cheese  
1/4 cup Miracle Whip

1/8 cup milk  
1 1/2 teaspoons lemon juice  
dash garlic salt and Worcestershire sauce

Beat with mixer all of the ingredients until thick and creamy. Bake at 350° for 30 minutes. Serve with potato chips.

Mrs. Joseph Johnson (Francie)

**POLYNESIAN CRAB SPREAD**

2 cups sour cream  
2 teaspoons curry powder  
1 teaspoon onion powder  
1/8 teaspoon pepper

1/2 teaspoon salt  
1 cup shredded, chopped coconut  
1/2 pound flaked crab meat

Mix all of the ingredients well with a spoon. Serve with crackers or fill party-size cream puffs. Makes 1 quart.

Mrs. Samuel T. Wyrick, III  
(Deborah)

**SESAME CURRIED CHICKEN WINGS**

16 chicken wings  
1 egg  
1/4 cup water  
1/4 cup milk  
1 teaspoon salt  
1 teaspoon pepper

1 teaspoon chicken seasoning  
2 teaspoons curry powder  
1/2 jar sesame seeds  
salad oil

Cut chicken wings off at first joint; discard tip. Disjoint remaining into two parts. Pat dry with paper towels. Use a wire whip to blend all of the ingredients except oil. Coat wing parts thoroughly in coating mixture. Deep fry in boiling hot fat for 5-10 minutes until golden brown and tender. Let drain on draining rack; serve hot. (These can be made ahead of time, allowed to cool – then freeze – reheating in oven at party time.)

Mrs. Samuel T. Wyrick III  
(Deborah)

**CREAMY HORSERADISH HAM ROLL**

1 package 8-ounce cream cheese,  
softened  
2 tablespoons horseradish  
2 tablespoons mayonnaise

1 teaspoon Worcestershire sauce  
1/8 teaspoon pepper  
4 slices cooked ham  
1/2 teaspoon salt

Lay 2 slices of ham together and spread 1/2 of the cream cheese mixture on them. Roll jelly roll fashion. Slice after refrigeration and serve. Makes 2 rolls – 24 slices.

Mrs. Charles H. Moseley, Jr.  
(Cathy)

## TIPSY DOGS

1 pound hot dogs (cut cross-wise  
into 6 pieces)  
1 cup bourbon

1 cup brown sugar  
1 cup tomato catsup

Bring the last 3 ingredients to a boil, put hot dog pieces in and simmer, uncovered, for 1 hour. Will store well in the refrigerator in a covered jar. Serve hot in a chafing dish with tooth picks, or serve cold. (Hot is better.)

Mrs. R. Mayne Albright (Frances)

## EASY LIVER PATE

8 ounces liverwurst  
2 tablespoons soft butter or oleo  
1/4 teaspoon Worcestershire sauce  
1 tablespoon very thinly sliced onion  
2 tablespoons crumbled bacon  
1 3-ounce package cream cheese,  
softened

(can vary Worcestershire sauce,  
onion and bacon to suit personal  
taste)

Mash liverwurst. Blend in the next 4 ingredients. Turn out onto waxed paper. Form into a rectangle. Chill for one-half hour. Spread top and sides with softened cream cheese. Chill at least a half hour longer. Especially good with French Accent Crackers.

Mrs. George L. Margeson  
(Phyllis)

## MUSHROOM HORS D'OEUVRES

fresh mushrooms, 3-4 per person  
Lipton Onion Soup Mix  
sour cream

Wash and drain mushrooms. Do not soak them. Mix the soup and sour cream according to dip instructions. Fill the mushrooms. Keep in refrigerator until serving.

Mrs. Charles H. Moseley, Jr.  
(Cathy)

## MARINATED MUSHROOMS

1 pound fresh mushrooms  
3/4 cup salad oil  
1 1/2 teaspoons grated lemon rind  
1/4 cup freshly squeezed lemon juice

1 teaspoon oregano  
1 teaspoon garlic salt  
1/8 teaspoon pepper  
1 tablespoon minced parsley

Wash mushrooms in cold water and wipe dry. Cut lengthwise through stems and buttons into 3-4 slices about 1/4 inch thick. Combine the remaining ingredients for marinade and pour over sliced mushrooms in a glass bowl or jar. Cover and marinate overnight. Drain. Serve with toothpicks.

Mrs. Samuel T. Wyrick III  
(Deborah)



**HOT CRAB DIP**

1 can crab  
4 8 ounce packages cream cheese  
1/4 cup Miracle Whip

1/8 cup milk  
1 1/2 teaspoons lemon juice  
dash garlic salt and Worcestershire sauce

Beat with mixer all of the ingredients until thick and creamy. Bake at 350° for 30 minutes. Serve with potato chips.

Mrs. Joseph Johnson (Francie)

**POLYNESIAN CRAB SPREAD**

2 cups sour cream  
2 teaspoons curry powder  
1 teaspoon onion powder  
1/8 teaspoon pepper

1/2 teaspoon salt  
1 cup shredded, chopped coconut  
1/2 pound flaked crab meat

Mix all of the ingredients well with a spoon. Serve with crackers or fill party-size cream puffs. Makes 1 quart.

Mrs. Samuel T. Wyrick, III  
(Deborah)

**SESAME CURRIED CHICKEN WINGS**

16 chicken wings  
1 egg  
1/4 cup water  
1/4 cup milk  
1 teaspoon salt  
1 teaspoon pepper

1 teaspoon chicken seasoning  
2 teaspoons curry powder  
1/2 jar sesame seeds  
salad oil

Cut chicken wings off at first joint; discard tip. Disjoint remaining into two parts. Pat dry with paper towels. Use a wire whip to blend all of the ingredients except oil. Coat wing parts thoroughly in coating mixture. Deep fry in boiling hot fat for 5-10 minutes until golden brown and tender. Let drain on draining rack; serve hot. (These can be made ahead of time, allowed to cool – then freeze – reheating in oven at party time.)

Mrs. Samuel T. Wyrick III  
(Deborah)

**CREAMY HORSERADISH HAM ROLL**

1 package 8-ounce cream cheese,  
softened  
2 tablespoons horseradish  
2 tablespoons mayonnaise

1 teaspoon Worcestershire sauce  
1/8 teaspoon pepper  
4 slices cooked ham  
1/2 teaspoon salt

Lay 2 slices of ham together and spread 1/2 of the cream cheese mixture on them. Roll jelly roll fashion. Slice after refrigeration and serve. Makes 2 rolls – 24 slices.

Mrs. Charles H. Moseley, Jr.  
(Cathy)

## TIPSY DOGS

1 pound hot dogs (cut cross-wise  
into 6 pieces)

1 cup bourbon

1 cup brown sugar

1 cup tomato catsup

Bring the last 3 ingredients to a boil, put hot dog pieces in and simmer, uncovered, for 1 hour. Will store well in the refrigerator in a covered jar. Serve hot in a chafing dish with tooth picks, or serve cold. (Hot is better.)

Mrs. R. Mayne Albright (Frances)

## EASY LIVER PATE

8 ounces liverwurst

2 tablespoons soft butter or oleo

1/4 teaspoon Worcestershire sauce

1 tablespoon very thinly sliced onion

2 tablespoons crumbled bacon

1 3-ounce package cream cheese,  
softened

(can vary Worcestershire sauce,  
onion and bacon to suit personal  
taste)

Mash liverwurst. Blend in the next 4 ingredients. Turn out onto waxed paper. Form into a rectangle. Chill for one-half hour. Spread top and sides with softened cream cheese. Chill at least a half hour longer.

Especially good with French Accent Crackers.

Mrs. George L. Margeson  
(Phyllis)

## MUSHROOM HORS D'OEUVRES

fresh mushrooms, 3-4 per person

Lipton Onion Soup Mix

sour cream

Wash and drain mushrooms. Do not soak them. Mix the soup and sour cream according to dip instructions. Fill the mushrooms. Keep in refrigerator until serving.

Mrs. Charles H. Moseley, Jr.  
(Cathy)

## MARINATED MUSHROOMS

1 pound fresh mushrooms

3/4 cup salad oil

1 1/2 teaspoons grated lemon rind

1/4 cup freshly squeezed lemon juice

1 teaspoon oregano

1 teaspoon garlic salt

1/8 teaspoon pepper

1 tablespoon minced parsley

Wash mushrooms in cold water and wipe dry. Cut lengthwise through stems and buttons into 3-4 slices about 1/4 inch thick. Combine the remaining ingredients for marinade and pour over sliced mushrooms in a glass bowl or jar. Cover and marinate overnight. Drain. Serve with toothpicks.

Mrs. Samuel T. Wyrick III  
(Deborah)

**MUSHROOM AND CHEESE CANAPES**

3/4 pound white Cheddar cheese,  
grated (Coon brand or at Hickory  
Farms)

3 tablespoons butter  
1 box melba rounds  
4 ounce can mushrooms,  
chopped

Melt butter in a saucepan and saute mushrooms. Add grated cheese to mushrooms. Stir until melted. Spread mixture on rounds and heat in a 350° oven for 3-4 minutes.

Mrs. Stephen Farrar (Colleen)

**MUSHROOM ORLEANAISE**

1/2 cup sour cream  
1 large clove garlic, minced  
1 onion, minced  
4-6 large sprigs parsley, finely chopped  
dash Worcestershire sauce

1 cup mayonnaise  
salt and pepper to taste  
2 large cans mushroom caps or  
2 pounds fresh mushrooms

Combine sauce ingredients and pour over the mushrooms. Chill 2-4 hours.

Mrs. James H. Johnson, Jr.  
(Cece)

**OYSTER SNACK**

8 ounce can oysters, drained  
1/2 cup Pepperidge Farm Stuffing

1/4 cup water  
bacon strips, thin

Mix stuffing and water and oysters. Wrap in thin bacon strip and secure with toothpick. Bake 30-45 minutes at 350°. Serve hot.

Mrs. Douglas A. Cotter (Rosalyn)

**PIZZA STICKS**

1 cup plain flour  
1/4 teaspoon salt  
2 teaspoons oregano  
1/4 teaspoon Accent

1/16 teaspoon garlic powder  
1/2 cup margarine  
8 ounces Mozzarella cheese,  
shredded

Mix flour, salt, oregano, Accent and garlic powder together. Cut in butter and cheese with pastry blender.

Mrs. William Bellamy (Joan)

**JO'S COCKTAIL BALLS**

3 cups Bisquick  
1 pound raw hot sausage  
1 pound sharp cheese, grated

Mix well with hands and shape into small balls. Bake at 350° for 25 minutes. Makes approximately 9 dozen. Can be frozen and baked later.

Mrs. Jack Durant (Judy)

**SAUSAGE SNACKS ITALIANO**

2 8-ounce cans crescent rolls  
4 tablespoons butter, melted  
1/2 cup grated Parmesan cheese

2-4 teaspoons oregano  
16 Smokie-link sausages

Separate crescent dough into 8 rectangles and press perforations to seal. Brush each with butter. Combine cheese and oregano and sprinkle over dough. Cut each rectangle crosswise to form two squares. Roll up a sausage in each. Cut each roll into 4-5 pieces and place on a cookie sheet. Bake at 375° for 12-15 minutes until browned. May be frozen unbaked.

Mrs. Stephen Farrar (Colleen)

**CREAM CHEESE SHRIMP DIP**

8 ounce package cream cheese  
lemon juice  
1 onion, small and grated  
2 stalks celery, minced

2 cups mayonnaise  
2 cups catsup  
1 pound shrimp, cooked and chopped  
1 teaspoon horseradish

Mix and chill. Let stand at least half a day. Use with bacon flavored crackers. Also good salad dressing.

Mrs. W. Keith Hobbs (Cindy)

**SHRIMP DE JONGHE**

4 pounds fresh or frozen shrimp  
1 cup melted butter  
2 cloves garlic, minced  
1/3 cup chopped parsley

1/2 teaspoon paprika  
dash cayenne  
1/2 cup sherry  
2 cups soft bread crumbs

Rinse shrimp; drop unshelled shrimp into boiling salted water. (4 tablespoons of salt to 9 cups of water) Cover, heat to boiling, then lower heat and simmer gently until shells turn pink – about 5 minutes. Drain and cool. Peel off shells and remove vein. To melted butter add garlic, parsley, paprika, cayenne and sherry. Mix. Add bread crumbs and toss. Place shrimp on a greased 11x7x1 1/2 inch baking dish. Spoon butter mixture over the shrimp. Bake at 325° for 20-25 minutes or until crumbs brown. Sprinkle with additional chopped parsley before serving. Serve with toothpicks. (This may be used as a main dish.)

Mrs. Samuel T. Wyrick III  
(Deborah)

**HOT SAUSAGE PINWHEELS**

Make up one package of pie crust mix and roll out in a square. Spread a thin layer of hot sausage (or mild, if desired) on the mix and roll up like a jelly roll. Slice and bake in a hot oven 400° for 10 minutes or until light brown. Do not allow to get too brown. Should make 40-50 thin slices. Can be made ahead and chilled before baking.

Mrs. Hunter P. Tapscott (Nancy)



**PICKLED SHRIMP**

3 pounds shrimp  
10 bay leaves  
4 small chopped onions  
1 cup oil (olive or Wesson)

2 teaspoons sugar  
2 teaspoons Worcestershire sauce  
3 ounces pickling sauce  
1/2 cup tarragon vinegar

Boil and prepare shrimp. Marinate overnight. Serve with cocktail sauce or plain.

Mrs. William M. Ingram (Polly)

**SPINACH DIP**

1 package spinach, chopped, cooked  
and drained  
1/2 cup parsley  
1 teaspoon salt

1/2 cup chopped onion  
1 cup mayonnaise  
1/2 cup sour cream  
dash of pepper

Mix all of the ingredients and serve with vegetables.

Mrs. Charles H. Moseley, Jr.  
(Cathy)

**FIRECRACKER**

1 package cream cheese (8 ounces)  
1 tablespoon mayonnaise  
4 teaspoons lemon juice  
2 tablespoons onion soup mix

1/2 teaspoon tabasco sauce  
2 tablespoons minced parsley  
3 cups tuna (6 1/2-7 ounce can)  
drained

Mix all of the ingredients together well. Pack into 18 ounce can and chill. Turn out and roll in paprika - use celery for a fuse. Serve with crackers.

Mrs. D. Terry Thomas (Elsie)

**VEGETABLE DIP**

1 cup mayonnaise  
2 tablespoons tarragon vinegar  
1 teaspoon salt  
1/8 teaspoon thyme

1/4 teaspoon curry powder  
2 tablespoons catsup  
1 tablespoon chives  
2 tablespoons onion, minced

Combine all of the ingredients and chill.

Mrs. W. Keith Hobbs (Cindy)

**CURRIED WHEAT SNACKS**

6 tablespoons butter or margarine  
1 teaspoon curry powder  
1/4 teaspoon onion salt

1/7 teaspoon ground ginger  
3 cups spoon-size shredded  
cereal biscuits

Melt butter in a large skillet. Add the seasonings. Add shredded wheat biscuits and toss to coat with the butter mixture. Heat 3-4 minutes over low heat, stirring constantly. Drain on paper towel. Serve warm.

Mrs. J. LeRoy King (Becky)

## VEGETABLE SANDWICH

1 package unflavored gelatin  
2 tablespoons water  
2 cups mayonnaise  
2 carrots

1 green pepper  
1 stalk celery  
salt to taste  
2 cucumbers

Mix gelatin with water. Add mayonnaise. Chop or shred carrots, cucumbers, green pepper and celery; salt to taste. Add this mixture to gelatin mixture. Will keep several days in closed container in the refrigerator. Spread on canape size bread when ready to serve.

Mrs. J. LeRoy King (Becky)

## DIP FOR RAW VEGETABLES

Grind together:

1/2 large green pepper  
1 medium onion  
few sprigs parsley

Mix with:

1 pint Miracle Whip  
1 teaspoon lemon juice  
1 teaspoon Worcestershire

Mix the night before and let stand in the refrigerator. Serve with raw cauliflower, carrot and celery sticks.

Mrs. Samuel T. Wyrick III  
(Deborah)

## WATERCHESTNUT APPETIZER

1 can waterchestnuts, sliced in half  
soy sauce  
sugar

bacon  
1/2 cup ketchup

Soak chestnuts in soy sauce 1-2 hours. Remove the chestnuts and roll in sugar. Wrap each one with 1/2 bacon strip. Bake for 1 hour at 300° pouring off excess grease. Mix 1/2 cup ketchup and 1/4 cup sugar. Pour over the chestnuts. Bake 1/2-3/4 hour longer. Serve with toothpicks.

Mrs. Thomas G. Fisher (Carole)

## VEGETABLE SANDWICHES

2 large tomatoes, finely chopped  
2 cucumbers, finely chopped  
1 green pepper, finely chopped

1 small onion, finely grated  
1 pint mayonnaise  
1 envelope plain gelatin

Drain vegetables. Soak gelatin in 1/4 cup vegetable juice and dissolve over warm water. Add this to the vegetables. Fold in the mayonnaise. Leave in the refrigerator overnight. Spread on thin-sliced bread at serving time.

Mrs. Wm. Bellamy (Joan)

**INSTANT HOT CHOCOLATE**

- 1 2-ound box Nestle's Quick
- 1 8-quart box instant milk

- 6 ounces non-dairy creamer
- 1/2 to 1 cup powdered sugar

Mix thoroughly. Use 4 heaping teaspoons per cup of boiling water.

Mrs. R. Clark Dillion (Linda)  
Mrs. James Ashby (Joan)

**COFFEE PUNCH**

- 1 2-ounce jar instant coffee
- 3 quarts water
- 1 1/2 gallons vanilla ice cream

- 1/2 pint whipping cream, whipped  
(or equivalent amount Cool Whip)

Mix coffee and water; add whipped cream. Fold in vanilla ice cream, topping punch with several scoops of ice cream. Serves 36.

Mrs. E. Lindsay Reed, II  
(Virginia)

**FROZEN DAIQUIRI**

- 1 can frozen lemonade or limeade
- 2 cans white or light rum

- 3 cans water
- 1 1/2 teaspoons sugar dissolved  
in 2 tablespoons water

Mix well. Cover and freeze into a mush in the freezer compartment. Keeps indefinitely. Improved if put into the blender after freezing overnight.

Mrs. Charles H. Moseley, Jr.  
(Cathy)

**FOUR ROSES EGG NOG**

- 6 eggs
- 3/4 cup sugar
- 1 pint milk
- 1 pint cream

- 1 ounce Jamaican rum
- 1 pint bourbon  
nutmeg

Beat egg yolks and whites separately. Add 1/2 cup sugar to the yolks. Add 1/4 cup sugar to the whites. Mix whites with the yolks. Stir in cream and milk. Add liquor. Stir.

Mrs. Charles H. Moseley, Jr.  
(Cathy)

**KAHLUA**

- 4 cups sugar
- 2 cups boiling water
- 2 ounce jar instant coffee

- 1 1/2 cups boiling water
- 2 3/4 cups vodka
- vanilla bean

Dissolve sugar in 2 cups of boiling water. Dissolve instant coffee in 1 1/2 cups of boiling water. Mix these two together and let cool. Add 2 3/4 cups vodka and the vanilla bean. Let set 30 days. Makes approximately 1 cup over two-fifths of Kahlua.

Mrs. James H. Hartwell (Mary)



**AUTUMN PUNCH**

1 quart apple cider  
2 cups dark rum

2 teaspoons cinnamon  
1 teaspoon allspice

Combine all of the ingredients; bring to a boil and simmer gently for 5 minutes. Serve hot in mugs with cinnamon stick swizzlers.

Mrs. Samuel T. Wyrick III  
(Deborah)

**CHRISTMAS PUNCH**

3 pints cranberry juice cocktail  
2 12-ounce cans frozen orange juice  
concentrate, thawed  
4 cups water  
3 tablespoons sugar

2 bottles white wine  
1 bottle rum  
orange slices  
whole cloves  
1 teaspoon allspice

Mix the juices, water, sugar and allspice. Simmer for 10 minutes. Remove from heat and cool. Add wine and rum. Serve with lots of ice and garnish cups with orange slices studded with whole cloves. Serves 20-30 people.

Mrs. Samuel T. Wyrick III  
(Deborah)

**CHAMPAGNE PUNCH**

6 lumps sugar  
dash Angostura bitters

1 cup cognac  
3 bottles champagne

Place sugar lumps in punch bowl and sprinkle bitters over. Add cognac. When ready to serve, add chilled champagne and block of ice. Makes 20 portions.

Mrs. Charles H. Moseley, Jr.  
(Cathy)

**MINT TEA**

3 tablespoons loose tea  
10 sprigs mint  
4 cups boiling water  
1 1/4 cups sugar

2 cups boiling water  
juice of 3 lemons  
4 cups water

Combine tea, mint and the 4 cups of boiling water and steep 15 or more minutes. Combine 1 1/4 cups sugar, juice of lemons and 2 cups boiling water and steep 15 or more minutes. Combine and strain. Add 4 cups water.

Mrs. Donald Coffey (Nancy)

**INSTANT RUSSIAN TEA**

1 1-pound 2 ounce jar Tang  
 3/4 cup tea  
 1 1/2 cups sugar

1 teaspoon ground cloves  
 1 teaspoon cinnamon

Mix and use 2 teaspoons per cup of hot water.

Mrs. Charles H. Moseley, Jr.  
 (Cathy)

Mrs. Nathaniel Smith (Nanci)

**DELICIOUS ICED TEA**

2 tablespoons tea  
 1 1/2 lemons (rinds, pulp, juice)

3/4 cup sugar  
 1 quart boiling water

Put tea, lemon juice, rinds and sugar in a large bowl or pot. Pour the boiling water over the mixture. Stir. Remove rinds after 20 minutes. Let mixture sit for 2 hours. Strain and serve. Also good served hot. Makes 1 quart of tea.

Mrs. Gordon Blackwell (Ceil)

**PORT WINE SUMMER COOLER**

1/2 cup sugar  
 3/4 cup bottled lime juice  
 2 cups soda

2 cups port wine  
 lime slice

Dissolve sugar and lime juice — easy in the blender. When ready to serve, add soda and port wine. Garnish with lime slice. Serves 6.

Mrs. Donald Coffey (Nancy)

**PUNCH BOWL ICED TEA**

9 tea bags  
 1 cup boiling water  
 juice of 2 lemons

7 cups cold water  
 1/2 cup sugar

Pour boiling water over the tea bags and let steep for about 5 minutes. Put sugar and lemon juice in the punch bowl or a large pitcher. Add the strong tea and mix until dissolved. Add 7 cups of water, mint sprigs and lemon slices.

Mrs. Charles H. Moseley, Jr.  
 (Cathy)



# Soups and Salads



“He put the broth in a pot, and  
brought it out...”

—JUDGES 6:19





## CLAM CHOWDER

2 cups clams  
 4 cups liquid, add water to clam  
 liquid for correct amount  
 1/2 cup salt pork or bacon, diced  
 1 cup chopped onion  
 4 medium potatoes, diced

1/4 cup flour  
 1/4 cup butter or margarine  
 2 cups light cream, scalded  
 1 cup milk  
 1 tablespoon salt  
 1/4 teaspoon pepper

Fry salt pork or bacon; add onions and saute slowly. Cover pan to retain moisture until onions are tender. Combine clams, liquid, onion mixture and potatoes; cook until the potatoes are tender. Melt butter or margarine, blend with flour slowly, add cream and milk and stir until thick and smooth. Season with salt and pepper; add to soup and simmer while thoroughly blending. Serves 6.

## CRAB FLAKE SOUP

2 cans green pea soup  
 2 cans tomato soup  
 2 cans flaked crab meat

Mrs. Charles H. Rogers (Judy)

2 cups chicken stock (optional)  
 2 cups milk

Mix all together in a double boiler. Season with tabasco, Worcestershire sauce and salt to taste. Add 1 cup of sherry a few minutes before serving.

Mrs. Donald Coffey (Nancy)

## FRENCH ONION SOUP

1 1/2 pounds (5 cups) thinly sliced  
 yellow onions  
 3 tablespoons butter  
 1 tablespoon oil  
 1 teaspoon salt  
 1/4 teaspoon sugar  
 3 tablespoons flour  
 2 quarts boiling brown stock or  
 2 quarts canned beef bouillon or  
 1 quart boiling water and 1 quart  
 stock or bouillon

1/2 cup dry white wine or  
 dry white vermouth  
 salt and pepper to taste  
 rounds of hard toasted French  
 bread  
 grated Swiss or parmesan cheese

Cook the onions slowly with the butter and oil in a heavy bottomed, 4 quart covered saucepan for 15 minutes. Uncover, raise heat to moderate and stir in salt and sugar. Cook for 30-40 minutes, stirring frequently, until onions have turned an even, deep, golden brown. Sprinkle in the flour and stir for 3 minutes. Turn off the heat; blend in the boiling stock. Add the wine; season with additional salt and pepper to taste. Simmer partially covered for 30-40 minutes skimming occasionally. Correct the seasoning. Set aside, uncovered, until ready to serve. Reheat to simmer. Place rounds of bread in the bottom of the soup cups or bowls; pour soup over them; pass cheese. An elegant appetizer. Allow 2 1/2-3 hours for preparation.

Mrs. Joe M. Dietzel (Rosalie)

## CREAM OF CUCUMBER SOUP

In the container of a blender combine:

- |  |                               |
|--|-------------------------------|
| 2 cups peeled and coarsely chopped cucumbers | 1/4 cup chopped celery leaves |
| 1 cup chicken broth                          | 3 sprigs parsley              |
| 1 cup light cream                            | 3 tablespoons soft butter     |
| 1/4 cup chopped chives                       | 2 tablespoons flour           |

Cover the container and blend the mixture until smooth. Season with salt and pepper. Serve either hot or cold. If served hot, garnish with a very small amount of dill weed. If served cold, garnish with finely chopped cucumbers and a bit of grated lemon rind. Serves 4-6.

Mrs. Sidney L. Kauffman  
(Anne)

## LOBSTER STEW

- |  |                                 |
|--|---------------------------------|
| 2 pounds frozen or canned lobster meat | 1 teaspoon Worcestershire sauce |
| 1/4-1/2 pound <u>butter</u>            | dash of tabasco                 |
| 1 can evaporated milk                  | salt and pepper                 |
|  | milk                            |

Cut lobster into bite size pieces. Saute in butter. Place in a double boiler. Slowly add evaporated milk and whole milk to desired consistency. Add at least 1 teaspoon of Worcestershire sauce (more, if desired) and a dash of tabasco. Add salt and pepper to taste. Heat thoroughly, but DO NOT BOIL. Serve with hard rolls and a salad — look out, it's very rich. Serves 4.

Mrs. Kevin J. Sullivan (Wendy)

## POTATO CHEESE SOUP

- |                               |                                |
|-------------------------------|--------------------------------|
| 2 cups diced, peeled potatoes | 1/2 teaspoon dry mustard       |
| 1 cup chopped onion           | 1 1/2 teaspoons steak sauce    |
| 1/2 cup diced celery          | 2 cups milk                    |
| 2 1/2 cups boiling water      | 8 ounces sharp cheddar cheese, |
| 2 1/2 teaspoons salt          | grated                         |
| 1/4 cup margarine             | 1 teaspoon parsley             |
| 1/4 cup flour                 | 1 cup canned tomatoes          |
| 1/4 teaspoon pepper           | pinch of dillweed              |

Put potatoes, onion, celery, water and 1 teaspoon of salt in a large (5 quart) Dutch oven. Bring to a boil, lower heat and simmer for 15 minutes. In a saucepan, melt butter and blend flour. Add 1 1/2 teaspoons of salt, pepper, mustard, steak sauce and milk. Cook, stirring until smooth and thick. Add cheese, parsley, tomatoes and dillweed and potato mixture and simmer a few minutes to blend. Serve hot. (Yields 1 1/2 quarts—easy, cheap, nutritious).

Mrs. George W. Parker III  
(Barbara)

**CREAM OF DUCHESS SOUP**

4 cups chicken broth  
3 carrots, sliced  
2 onions, sliced  
2 blades of mace

1/4 cup grated cheese  
1/3 cup butter  
1/4 cup flour  
1 teaspoon salt and pepper  
1 teaspoon scalded milk

Dice the vegetables; cook them 3 minutes in 1 1/2 tablespoons of butter. Add stock and mace. Boil 15 minutes and add milk. Thicken with the remaining butter and flour cooked together. Add seasoning. Stir in the cheese and serve as soon as cheese is melted.

Mrs. Charles H. Rogers (Judy)

**CREAM OF SPINACH SOUP**

Melt over low heat:

3 tablespoons butter  
2 tablespoons flour

1 teaspoon salt  
1/8 teaspoon pepper

Remove from heat and stir in:

2 cups rich milk  
2 cups consomme

1 cup spinach puree  
1 teaspoon grated onion

Bring to a boil, stirring constantly. Simmer one minute, then add one teaspoon of grated onion. Cook for 10 minutes over boiling water. Serves 4-5.

Mrs. Charles H. Rogers (Judy)

**VEGETABLE SOUP**

1 beef soup bone, cracked  
1 pound stew beef

Put above ingredients in a large kettle, cover with 3 quarts of cold water, add 1 tablespoon of salt. Let stand 1 hour. Put 1 clove of garlic in a tea ball; add to above. Cover and simmer slowly 6-8 hours. Remove garlic. Chill soup overnight. Skim off fat, discard bone and put aside meat and marrow. Add in a tea ball:

1 tablespoon bouquet Garni  
12 whole pepper corns

1 piece lemon peel  
1 bay leaf

Bring to a simmer and add:

1 can tomatoes  
1/2 cup chopped celery  
1/4 cup barley  
1 cup chopped onion  
1 tablespoon wine vinegar

1 tablespoon sugar  
2 tablespoons salt  
1 tablespoon parsley  
1 tablespoon Accent

Simmer 1 hour more; add meat, marrow and 1 No. 2 can of mixed vegetables. Simmer.

Mrs. Kevin J. Sullivan (Wendy)



## SPLIT PEA SOUP

1-2 pounds split peas	2 large celery stalks with tops
1 ham bone with some meat on it	1 clove garlic
1 large onion stuck with 2 whole cloves	1 bay leaf
4 medium carrots	pepper

Cover all of the above ingredients in a large saucepan with cold water. Cover tightly and simmer 2 1/2 hours. Remove cloves and ham. Blend in blender or put through a food mill. Put back into kettle. Add bits of ham and salt, if desired. Thin with cream if needed.

Mrs. Kevin J. Sullivan (Wendy)

## TURKEY SOUP

Break up carcass (all meat removed) and put in a large pot with 2 bay leaves, salt and pepper. Add a generous pinch of each: thyme, marjoram and basil. Cover with water and simmer 3-4 hours. Remove bones and strain stock. Stir 1 1/2-2 quarts of stock into 2 tablespoons of butter melted with 3 tablespoons of flour and bring to a boil. Add 1/2 cup of rice and 1/2 cup of chopped celery; cook 30 minutes. Add 1 can of mushrooms, with juice, any diced turkey meat and the remains of any dressing and gravy. Simmer gently — just before serving, stir in 3 tablespoons of Madeira.

Mrs. Kevin J. Sullivan (Wendy)

## PUMPKIN SOUP

2 quarts chicken stock	pinch of cayenne
1/2 cup dry onion	3/4 teaspoon salt
1/2 cup chopped spring onions	M.S.G. to taste
2 cans pumpkin	2 pinches lemon pepper
1 pint carton half & half	

Add a little butter (1/5 stick) and heat thoroughly while blending. Serve hot.

Mrs. Phillip Smith (Priscilla)

## OYSTER-ARTICHOKE SOUP

1 stick butter	4 tablespoons flour
1 bunch shallots, chopped fine)	1 large can Progresso artichoke hearts
4 toes garlic, minced	fresh dried thyme, crushed
2 cans Swanson's chicken broth	salt, pepper (fresh ground)
3 dozen oysters, chopped	2 bay leaves

Saute onion and garlic in butter and brown lightly. Add flour and pour in chicken broth slowly, stirring frequently. Chop artichoke hearts into small pieces and add to the above. Add remaining seasonings to taste and cook slowly. Cover while cooking. Add oysters 1/2 hour before serving and cook slowly. Serves 6.

Mrs. James H. Hartwell (Mary)

**SOUP DU JOUR**

A soup can be made with or without meatbones. Use celery leaves and onions chopped fine, carrots cut up with any other vegetable on hand. Use the tough celery stalks in 2 inch pieces to be removed after cooking. Use seasonings you like — salt, pepper, Worcestershire sauce, kitchen bouquet, basil (anything you have on your shelf). Canned tomatoes and their juice are a good addition. Cover with water and simmer several hours. If bones were used, take the remaining meat off and discard the bones. Large bones can be cracked by your butcher, thus releasing the marrow. Instant bouillon cubes are good for flavor also.

To thicken soup, ladle some into the blender, running until pureed. This basic soup keeps in the refrigerator for 2 days and freezes well for later use.

Mrs. Gary Underhill (Sally)

**QUICK GAZPACHO**

1 large can peeled tomatoes and  
juice

1 cup tomato juice

1/2 teaspoon salt

1/4 teaspoon curry powder

1 tablespoon vinegar

1/4 cup Mazola cooking oil

small piece onion, minced

1/2 cucumber, cut up

1/2 teaspoon sugar

Put the above in the blender until smooth; adjust the seasoning. Add 6 ice cubes and blend one minute. Serve in soup cup with thin cucumber slices on top. Sautéed croutons can be used as a garnish. Serves 6.

Mrs. Gary Underhill (Sally)

Mrs. Charles H. Moseley (Cathy)

**BLUE CHEESE DELIGHT (For Green Salads Or As Vegetable Dip)**

4 ounces blue cheese

1 cup mayonnaise

1/4 cup salad oil

1/4 cup sour cream

1/4 cup buttermilk

1 tablespoon white vinegar

1/4 teaspoon salt

1 teaspoon garlic powder

Crumble blue cheese in a bowl. Add mayonnaise and salad oil and blend thoroughly. Add sour cream and blend again. Add buttermilk, vinegar, salt and garlic powder. Blend well. To improve the flavor refrigerate 24 hours before using.

Mrs. Stephen Farrar (Colleen)

**POPPY SEED DRESSING**

1/2 cup sugar

1 tablespoon salt

1 teaspoon dry mustard

2 tablespoons dried onion

4 teaspoons poppy seed

1/3 cup vinegar

1 cup salad oil

Mix together well.

Mrs. T. Fred Armstrong (Sara)

## SHRIMP GREEN GODDESS DRESSING

2 cans shrimp (4 1/2 ounces each),  
rinsed and chopped  
1/3 cup celery, finely chopped  
1 1/2 tablespoons green pepper,  
chopped and drained  
1 1/2 tablespoons parsley, chopped  
and drained

1/2 tablespoon tarragon vinegar  
1/4 cup mayonnaise (add more  
if needed)  
4 ounces cream cheese, softened  
lemon juice to taste  
1 tablespoon chives, chopped

Blend well. Yield: 1 pint.

Mrs. Charles H. Rogers (Judy)

## HONEY FRENCH DRESSING (For Fruit Salad)

1/2 cup sugar  
1 teaspoon dry mustard  
1 teaspoon paprika  
1 teaspoon celery seed  
1/4 teaspoon salt

1 teaspoon poppy seed  
1/3 cup honey  
1/3 cup vinegar  
2 tablespoons fresh lemon juice  
1 cup salad oil

Mix all of the dry ingredients. Blend in the remaining ingredients. Beat until light and frothy. Makes about 2 cups.

Mrs. Charles H. Rogers (Judy)

## PEARL'S PEPPER AND ONION DRESSING

2 cups mayonnaise  
4 tablespoons chopped parsley  
6 tablespoons chopped green pepper  
3/4 teaspoon paprika  
2 tablespoons chopped onion

4 tablespoons chopped pimiento  
4 teaspoons lemon juice  
1/4 teaspoon pepper  
1/2 teaspoon salt

Mix all of the ingredients thoroughly and chill. Excellent with sea food salads or aspics.

Mrs. Charles H. Rogers (Judy)

## TABOULI (Wheat Garden Salad)

1/2 cup cracked wheat, fine  
1 bunch green onions  
2 large bunches parsley  
4 tomatoes  
juice 4 lemons

1/2 bunch mint  
1/2 cup salad oil  
salt and freshly ground pepper  
to taste

Wash cracked wheat thoroughly in several changes of water and soak in cool water for 1/2 hour. Gather washed parsley together and shave with a very sharp knife. Add finely chopped onions, mint leaves and tomatoes. Add wheat just before serving and mix with lemon juice, oil and pepper. Serve with fresh lettuce leaves which are used to scoop up the salad. Serves 4-6. (The oil can be omitted if desired.)

Mrs. Maurice Courie (Bobbi)

## TACO SALAD

5-6 cups shredded lettuce  
 1 can (1 pound or 2 cups) drained  
 kidney beans  
 2 medium tomatoes, chopped and  
 drained  
 2 tablespoons chopped green chilies  
 1/2 cup sliced ripe olives  
 1 large avocado, mashed  
 1/2 cup dairy sour cream

1 teaspoon instant minced onion  
 2 tablespoons Italian salad  
 dressing  
 3/4 teaspoon chili powder  
 1/4 teaspoon salt  
 dash of pepper  
 1/2 cup shredded sharp Cheddar  
 cheese  
 1/2 cup coarsely crushed corn  
 chips

In a large bowl, combine lettuce, beans, tomatoes, chilies and olives. Chill. Combine avocado, sour cream, salad dressing and seasonings. Mix well and chill. Season salad with salt and pepper. Toss lightly with avocado dressing, top with cheese and corn chips; garnish with whole ripe pitted olives. Makes 4-6 servings. Tastes like tacos!

Mrs. Francis Clarke (Roberta)

## GRANDMA'S EGG DRESSING

3 hard boiled eggs  
 2 teaspoons prepared mustard  
 1/2 cup salad oil  
 6 tablespoons vinegar

3 tablespoons sugar  
 1/2 teaspoon salt  
 few dashes tabasco sauce

Mash egg yolks and add sugar, salt, mustard and tabasco sauce. Mix thoroughly then add oil slowly; then add the vinegar. Cut egg whites into small pieces and stir into the above. (This dressing is particularly good served just on lettuce leaves.)

Mrs. John Clayton Smith  
 (Margaret)

## FRENCH DRESSING

1 can tomato soup  
 1 cup vinegar  
 1 1/2 cups Wesson oil  
 3/4 cup sugar

1 teaspoon prepared mustard  
 1 teaspoon Worcestershire sauce  
 1 teaspoon salt  
 1 teaspoon pepper

Shake well and store in small bottles that have 1 clove of garlic in each.

## SLAW

1 large cabbage, shredded  
 2 onions, grated (or 1/2 cup dehydrated onions)  
 2/3 cup sugar

Mix above well in bowl. Boil the following and while hot, pour over the above:

3/4 cup oil  
 1 tablespoon salt

1 teaspoon celery seed  
 1 teaspoon dry mustard

Mrs. T. Fred Armstrong (Sara)



## BOILED DRESSING (For Cole Slaw)

Combine:

3/4 teaspoon dry mustard

1 1/2 tablespoons sugar

1/2 teaspoon salt

2 tablespoons flour

1/4 teaspoon paprika

Add and stir well: 1/2 cup cold water

Add:

1 whole egg or 2 egg yolks

1/4 cup vinegar

Cook in top of double boiler, stirring until thick and smooth. Add 2 tablespoons of margarine. Chill and thin with water or cream if necessary.

Mrs. K. T. Knight (Tommy)

## BLENDER SLAW

1 large cabbage (3 pounds)

1 green pepper

2 large onions

Chop fine in the blender. Pour water through and drain. Stir in 1 1/2 cups sugar. In a saucepan, boil together:

1 tablespoon plus 1 teaspoon sugar

3/4 cup oil

1 cup vinegar

1 teaspoon dry mustard

1 teaspoon mustard seed

1 teaspoon celery seed

1 tablespoon salt

Pour over cabbage mixture while hot. Let set 4 hours. Will keep 3 weeks in the refrigerator.

Mrs. E. T. Powell, Jr. (Jane)

## KRAUT SALAD

1 can kraut, drained

1 cup diced onion

1 cup chopped celery

1 cup chopped green pepper

1/4 cup salad oil

1/2 cup sugar

1/4 cup vinegar

Mix well and serve chilled.

Mrs. Gilbert S. Taylor (Margaret)

## COUNTRY GARDEN SALAD

1 can shoe peg corn

1 can string beans

1 can peas

1 can lima beans (tiny)

1 can chopped onion

1 can chopped celery

1/2 cup oil

3/4 cup vinegar

3/4 cup sugar

Drain all of the vegetables well and mix all of the above ingredients together. Marinate 24 hours before serving.

Mrs. James M. Boyette (Nancy)

**CUCUMBER DIP**

1 large cucumber  
1 medium onion  
1 heaping teaspoon salt

1 tablespoon sugar  
1 tablespoon vinegar  
dash water

Slice cucumbers and onions; marinate in a jar overnight (shake often).  
Grind and drain well.

Mix.

1 3-ounce package cream cheese  
1 tablespoon mayonnaise  
dash Worcestershire sauce

Add the above to the cucumber mix; mold and serve with crackers.  
Serves 8.

Mrs. James Ashby (Joan)

**SEOUL SALAD**

1 pound bag spinach  
1/2 pound bag bean sprouts  
1 can water chestnuts, sliced

2 hard boiled eggs, grated  
6-8 slices bacon, crisp fried and  
crumbled

Wash spinach and bean sprouts; dry with towel. Tear spinach into pieces.  
Combine with water chestnuts, toss with dressing that follows and sprinkle  
egg and bacon on top before serving.

**Dressing**

1 cup salad oil  
2/3 cup white sugar  
1/3 cup catsup  
1/4 cup vinegar

1 tablespoon Worcestershire  
1 medium onion, grated  
salt to taste

Mrs. Samuel T. Wyrick III  
(Deborah)

**BLUEBERRY SALAD**

1 large box black cherry jello  
1 can blueberries  
1 small can crushed pineapple

Drain juice from blueberries. Add enough water to blueberry juice to make  
2 cups. Heat to boiling point; add jello and dissolve. Add 1 1/2 cups cold  
water, pineapple and blueberries. Let congeal. Top with the following:

3 ounce package cream cheese  
1 package Dream Whip  
pecans

Whip Dream Whip and mix in cream cheese. Spread on salad and top with  
nuts.

Mrs. Margaret Lee

## CONGEALED CHEESE AND PINEAPPLE SALAD

1 package orange-pineapple jello  
(or lime)

1 cup boiling water

1 cup orange sherbet (or lime)

1 1/2 cups cottage cheese

1/2 cup crushed pineapple,

Dissolve jello in boiling water. Mix sherbet and chill until very thick. Add cottage cheese and drained pineapple. Chill until firm in individual molds or in one 1-quart mold. Garnish with strawberries and fresh mint when serving. Makes 8-10 individual salads.

Mrs. Banks Talley, Jr. (Louise)

## GRANT HOTEL'S TERRIFIC SALSA

4 fresh tomatoes, diced

1 can tomatoes, diced with juice  
(regular size)

2 cans small diced green chilies

1 large bunch green onions, diced  
finely — use all but last three  
inches

1 tablespoon salt and pepper

1 teaspoon oregano, not crushed

1/2 teaspoon lemon juice

1 tablespoon coriander, or more  
to taste

2 teaspoons soy sauce

2 teaspoons sugar

1/2 cup salad oil

1/4 cup vinegar

Mix in a bowl and stir briskly. Let sit overnight.

Mrs. Clark Dillon (Linda)

## CRANBERRY RELISH

4 cups cranberries

2 large oranges

2 large, red apples — juicy, cooking ones

Grind the above very finely through a meat grinder. Add sugar to taste — 1/4-1/2 cup. Chopped walnuts may also be added after grinding. This is best if made the day or night before. If preferred in gelatin, use lemon flavored gelatin with 1 1/2 cups water. Cool to syrupy consistency before adding cranberry mixture.

Mrs. Susan Brooks

## CRANBERRY SALAD

1 package orange gelatin, small

1 package strawberry gelatin, small

1 can whole cranberry sauce

1 cup crushed pineapple, drained

1 cup diced celery

1 cup chopped nuts

Mix 2 packages of jello with 1 cup of boiling water (or pineapple juice). Cut cranberry sauce into cubes and add to the gelatin along with pineapple, celery and nuts. Refrigerate until set. Very good with ham or poultry.

Mrs. Robert C. Greene (Jo)



### NEVILLE'S HEALTH SALAD

2 tablespoons plain gelatin  
 1/4 cup cold water  
 1 cup boiling water  
 2 tablespoons lemon juice  
 1/4 cup sugar  
 1/4 cup vinegar

1 medium onion, chopped fine  
 1/4 cup chopped green pepper  
 1 cup mayonnaise  
 1 cup chopped cabbage  
 1 cup chopped carrots  
 1 cup chopped celery  
 1/4 cup chopped nuts, if desired

Dissolve gelatin in cold water. Add boiling water then add seasonings. Let cool and then add the cabbage, carrots, celery and nuts. Congeal and serve on lettuce with or without mayonnaise on the top.

Note: When making, the mayonnaise in the mixture will look as though it has curdled. Don't let this bother you — it will turn out O.K. A grand main dish for a ladies' luncheon served with small sandwiches, potato chips, etc.

Mrs. John Clayton Smith  
 (Margaret)

### CAULIFLOWER AND BEAN SALAD

1 pound string beans, use fresh  
 1 small head cauliflower  
 1 small onion, minced  
 1 small jar pimienta pieces

1/2 cup olive oil  
 1/4 cup vinegar  
 salt and pepper to taste  
 1/4 cup grated Parmesan cheese

Cut ends from beans and cut lengthwise. Cook rapidly in boiling water about 6-8 minutes; drain and cool. Drop cauliflower, broken, into the boiling water for 1 minute. Drain and cool. Beat the olive oil and vinegar together; add onion, Parmesan cheese, salt and pepper. Toss with beans and cauliflower and pimienta pieces and serve on lettuce.

Mrs. J. LeRoy King (Becky)

### THREE BEAN SALAD

1 can cut green beans  
 1 can yellow wax beans  
 1 can red kidney beans  
 1 green pepper, sliced thin  
 1 medium onion, sliced thin

1 teaspoon salt  
 3/4 cup salad oil  
 1 cup vinegar  
 1/4 teaspoon Accent

Drain beans. Combine them with the green pepper and onion. Mix the remaining ingredients; pour over the vegetables and mix thoroughly. Chill at least 24 hours and serve cold. Serves 12.

Mrs. Samuel T. Wyrick III  
 (Deborah)  
 Mrs. Priscilla Searcy



## APRICOT DELIGHT SALAD

- |  |                           |
|--|---------------------------|
| 1 No. 2 can apricots (cut into small pieces) | 6 bananas mashed          |
| 1 No. 2 can crushed pineapple                | 1 cup sugar               |
| 1 large can frozen orange juice thawed       | 2 tablespoons lemon juice |

Mix all of the ingredients together including the juice of canned fruits and thawed orange concentrate and add one cup of water. Freeze in salad molds or peper liners in muffin tins. Makes about thirty-six salads which can be stored in the freezer. If salad molds are used, the salads will come right out of the mold and can be kept in plastic bag.

Mrs. S. R. Watson (Lillian)

## PICKLED PEACH SALAD

- |                                |                           |
|--------------------------------|---------------------------|
| 1 No. 2 1/2 can sliced peaches | 1 teaspoon cinnamon       |
| 2 3-ounce package orange jello | 2 sticks cinnamon         |
| 1/4 cup vinegar                | 1/2 teaspoon whole cloves |
| 1/2 cup sugar                  | 1/4 cup brandy            |

Drain syrup from peaches. Add vinegar, sugar, cinnamon, cloves, brandy and enough water to make 4 cups of liquid to syrup. Boil liquid, remove cinnamon sticks and cloves and pour over peaches. Add jello and stir until dissolved. Place in 2 quart mold and chill.

Mrs. Samuel T. Wyrick, III  
(Deborah)

## SHERRY JELLO

- |                     |                         |
|---------------------|-------------------------|
| 2 envelopes gelatin | 2/3 cup orange juice    |
| 1 cup sherry        | grated rind of 1 orange |
| 1 cup sugar         | 1/2 cup cold water      |
| 1/3 cup lemon juice | 1 cup boiling water     |

Combine gelatin and cold water. Add boiling water and sugar; stir until smooth. Add remaining ingredients. Cool; place in the refrigerator until set - cover. Serve as a dessert topped with whipped cream and a cherry.

Mrs. H. Emerson Atkinson  
(Charlotte)

## JELLIED BEET MOLD

- |                           |                                   |
|---------------------------|-----------------------------------|
| 1 package lemon jello     | 2/3 cup orange or pineapple juice |
| 2 tablespoons vinegar     | 1 cup diced celery                |
| 1 cup hot beet liquid     | 1 teaspoon salt                   |
| 2 cups diced cooked beets | 1 tablespoon horseradish          |
| 2 teaspoons grated onion  |                                   |

Dissolve jello in hot beet liquid. Add fruit juice and seasonings and cool until thick. Then mix in beets and celery and put into molds to chill. Turn out on lettuce cup and serve alone or with crab or shrimp. Serves 8-10.

Mrs. Charles H. Rogers (Judy)

**BROCCOLI MOUSSE**

2 packages frozen chopped broccoli  
 3/4 cup mayonnaise  
 1 can beef consomme

1 envelope plain gelatin  
 2 teaspoons lemon juice

Boil broccoli 5 minutes and drain. Heat consomme and dissolve gelatin in it. Combine broccoli, mayonnaise, consomme with gelatin and lemon juice. Congeal in a ring mold. Serves 8.

Mrs. Garland Radford (Lee)

**CAPITOL MOLDED BROCCOLI**

1 pound bunch broccoli (or 2)  
 packages frozen broccoli spears  
 1 envelope plain gelatin  
 1 1/4 cups chicken broth  
 3 tablespoons Worcestershire sauce  
 2 tablespoons lemon juice

1/2 teaspoon salt  
 1/4 teaspoon pepper  
 1/4 teaspoon Tabasco  
 4 hard boiled eggs, chopped  
 3/4 cup mayonnaise

Wash and trim broccoli; cook until tender. Reserve 6 flowerettes and chop remaining broccoli. (There should be 2 cups.) In a small bowl, sprinkle 1 envelope of gelatin over 1/4 cup of cold water to soften. In a large pan, bring chicken broth to a boil; add gelatin and stir until dissolved. Remove from heat and add chopped broccoli and all of the remaining ingredients except for the mayonnaise. Pour into a 1 1/2 quart mold and chill; cover with wax paper until set. Dip mold into a basin of warm water to unmold. Garnish with reserved flowerettes.

Mrs. Samuel T. Wyrick, III  
 (Deborah)

**CREAM CHEESE TOMATO ASPIC**

1 envelope gelatin  
 1/4 cup cold water  
 1 can tomato soup  
 dash salt  
 dash pepper

3 ounces cream cheese  
 1/2 cup mayonnaise  
 1 green pepper, chopped  
 1 cup onion, chopped  
 dash Worcestershire sauce

Dissolve gelatin in water. Heat soup. Add gelatin, seasonings, pepper, onions and cheese. Cool and add mayonnaise. Pour into mold and chill.

Mrs. W. K. Hobbs (Cindy)

**QUICK TOMATO ASPIC**

1 pound can tomatoes (cut up)  
 1 package lemon jello

2 teaspoons vinegar  
 1 teaspoon lemon juice

Strain tomatoes and add sufficient water to the juice to make 2 cups. Heat liquid, add to jello and add the remaining ingredients. Mold and jell.

Mrs. John R. Tropman (Anna)

## LIME JELLO SALAD

- |   |   |
|---|---|
| 1 package cream cheese (3-ounce size)   | 2 tablespoons sugar                             |
| 1 package lime jello                    | 1/2 cup toasted nuts, if desired                |
| 1 small can pineapple juice (12 ounces) | 1 small can crushed pineapple<br>(8 1/4 ounces) |

Cream cheese and jello — use electric mixer if cheese isn't at room temperature. Add hot juice with sugar. Mix thoroughly until smooth. Cool. When slightly thick, add nuts and pineapple. Mold and chill. (Use 8 ounce package of cream cheese when doubling recipe.)

Mrs. H. Emerson Atkinson  
(Charlotte)

## TOMATO ASPIC WITH SOUR CREAM AND SHRIMP DRESSING

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 2 envelopes unflavored gelatin | 1 thick slice onion               |
| 1/2 cup water                  | 1/4 teaspoon Worcestershire sauce |
| 2 1/2 cups tomato juice        | 6 peppercorns                     |
| 1/4 cup lemon juice or vinegar | 1 stalk celery with leaves        |
| 1 teaspoon sugar               | 3 whole cloves                    |
| 1 bay leaf                     |                                   |

Dissolve gelatin in water. Boil the remaining ingredients 5 minutes. Strain. Stir in gelatin mixture. Mold and chill. Serve dressing with it.

### Dressing

- |                                |                                    |
|--------------------------------|------------------------------------|
| 1 clove garlic                 | 1 pint heavy sour cream            |
| 1/2 cup catsup                 | 2 tablespoons Worcestershire sauce |
| 1 1/2 tablespoons grated onion | 1 teaspoon salt                    |
| 2 tablespoons horseradish      | 1 teaspoon paprika                 |
| 1 tablespoon lemon juice       | 1/4 teaspoon dry mustard           |
| 1/2 pound shrimp               |                                    |

Combine all of the ingredients.

Mrs. William M. Ingram (Polly)

## TOMATO ASPIC

- |                          |   |
|--------------------------|---|
| 1 large can V-8 juice    | 1 cup olives, chopped                                       |
| 3 packages plain gelatin | 1/2 cup pickles, chopped                                    |
| 1 onion, minced          | salt, Tabasco sauce and<br>Worcestershire sauce to<br>taste |
| 1 cup celery             |   |

Soften gelatin in 1 cup of cold V-8 juice. Heat another portion of juice to the boiling point and pour on softened gelatin mixture. Add the remaining juice ; also salt, tabasco sauce and Worcestershire sauce to taste. Store in the refrigerator and when slightly thick, add the remaining ingredients. Pour into mold and chill until firm. Don't spare the Tabasco sauce. It makes it stand up and sing. Serves 10-12.

Mrs. Hayne Palmour, III  
(Barbara)





**COLESLAW SOUFFLE SALAD**

1 small package lemon jello  
 1 cup boiling water  
 1/2 cup cold water  
 1/2 cup mayonnaise  
 2 tablespoons vinegar  
 1/2 teaspoon salt

1 cup chopped cabbage  
 1/2 cup diced celery  
 3 tablespoons chopped green pepper  
 1 tablespoon chopped onion  
 1/4 cup sliced radishes, optional

Dissolve gelatin in boiling water. Stir in the next four ingredients. Chill until partially set. Beat until fluffy. Add the remaining ingredients. Mold and chill until set. Serve on a bed of lettuce.

Mrs. Gilbert S. Taylor (Margaret)

**RICE SHRIMP SALAD**

1/2 cup rice (2 cups cooked)  
 20 green olives, sliced  
 1/2 cup raw cauliflower (sliced in tiny florets)

2 green onions, chopped  
 1/2 green pepper, chopped  
 1/2 cup mayonnaise

Mix above and refrigerate overnight. Add 1 cup of fresh cooked shrimp before serving.

Mrs. Walter Ellis (Rosemary)

**MOLDED CRANBERRY AND TURKEY****Cranberry Layer**

1 envelope unflavored gelatin  
 1/2 cup water  
 1 (1-pound) can whole cranberry sauce

1 medium apple, diced  
 2 tablespoons lemon juice

Sprinkle gelatin on water to soften. Place over low heat and stir until gelatin is dissolved. Combine cranberry sauce, apple and lemon juice. Add dissolved gelatin and stir until blended. Turn into a 9x5 inch loaf pan and chill until almost firm.

**Turkey Layer**

1 envelope unflavored gelatin  
 1/2 cup water  
 2 cups finely diced, cooked turkey  
 1 cup finely diced celery  
 1/4 cup chopped parsley

1/2 teaspoon salt  
 1/8 teaspoon pepper  
 1 cup salad dressing  
 1/2 cup light cream

Sprinkle gelatin on water to soften. Place over low heat and stir until gelatin is dissolved. Combine remaining ingredients; add to dissolved gelatin and stir until well blended. Turn into loaf pan on top of cranberry layer and chill until firm. Unmold on serving platter and garnish with parsley and olives.

Mrs. R. V. Lewis, Jr. (Grace)



## RICE SALAD

1 3/4 cups dry rice cooked in  
4 cups chicken broth  
1/2 cup chopped green pepper  
1 cucumber (unpeeled, chopped)  
3 green onions, chopped  
1-2 jars marinated artichoke hearts  
(sliced)  
1 cup mayonnaise

3 1/2 ounce can pitted ripe  
olives, chopped  
1 can water chestnuts, quartered  
1 tablespoon Worcestershire sauce  
2 teaspoons lemon pepper  
marinade  
1/2 cup vinegar – or to taste  
sugar to taste

Cook rice in the chicken broth – should equal 6 cups. Chop vegetables into bite size pieces. Mix hot rice with mayonnaise, vinegar, seasonings and sauce from marinated artichokes. Add crisp vegetables. Taste and season to correct flavor – should be tart. Mold in oiled Bundt pan or ring mold. Chill several hours. Unmold and garnish with additional vegetables or parsley. Can be served in a salad bowl or on lettuce leaves. Serves 8-10.

Mrs. Robert Guthrie (Pickett)

## ONE CUP SALAD

1 cup miniature marshmallows  
1 cup shredded coconut  
1 cup mandarin oranges, drained

1 cup crushed pineapple, drained  
1 cup sour cream  
1 cup pecan pieces

Mix well the day before desired and chill well. If seedless grapes are in season, they are a delicious addition. Excellent with baked ham. Serves 6-8.

Mrs. James H. Hartwell (Mary)  
Mrs. Priscilla Searcy

## FROZEN CRANBERRY SALAD

1 can whole cranberry sauce (16 ounce)  
1 can crushed pineapple (8 1/4 ounce)

1 cup sour cream  
1/4 cup powdered sugar

Mix cranberry sauce and pineapple. Add sour cream and powdered sugar. Line an ice tray with foil and pour the mixture in. Freeze until firm. Serve in slices on lettuce. Serves 8.

Mrs. Banks C. Talley (Louise)

## FROZEN FRUIT SALAD

3 ounces cream cheese  
1/3 cup mayonnaise  
salt  
1/2 cup heavy whipped cream  
2 teaspoons lemon juice

1 can drained fruit cocktail  
(1 pound 14 ounce)  
1 cup diced bananas  
1/4 cup chopped nuts  
2 tablespoons diced maraschino  
cherries

Combine cheese, mayonnaise, lemon juice and salt in a bowl. Add other items. Mix well; place in a pan and freeze. Serve in slices.

Mrs. Henry Manning (Sara Jo)

**MANDARIN ORANGE CONGEALED SALAD**

- |  |                                 |
|--|---------------------------------|
| 2 11-ounce cans mandarin oranges       | 2 3-ounce packages orange jello |
| juice from 1 can mandarin oranges plus | 1 pint orange sherbet           |
| enough water to make 1 1/2 cups        | 1 13 1/2-ounce can crushed      |
| liquid                                 | pineapple, undrained            |

Boil liquid and dissolve jello in it. While still hot, add the sherbet and stir until completely dissolved. Add can of pineapple and oranges; mold and chill until congealed. Yields: 2 quarts.

Mrs. Garland Radford (Lee)

**MANDARIN ORANGE DATE SALAD**

- |  |                             |
|--|-----------------------------|
| 1 small can mandarin oranges, drained  | 1/2 cup orange juice        |
| 1/2 package pitted dates, cut in small | 2 tablespoons lemon juice   |
| pieces                                 | 2 tablespoons sugar         |
| 1 small package apricot gelatin        | 1 teaspoon almond flavoring |
| 1/2 cup chopped nuts                   |                             |

Dissolve gelatin and sugar in 1 cup of boiling water. Add enough cold water to orange and lemon juice to make one cup. Add to gelatin mixture. Chill until partially set. Add other ingredients; pour into molds. Refrigerate. Yield: 6-8 molds.

Mrs. James Beckwith (Lib)

**MANDARIN ORANGE SALAD**

- |                          |                              |
|--------------------------|------------------------------|
| 2 packages orange jello  | 2 6-ounce cans frozen orange |
| 1 1/2 cups boiling water | juice, undiluted             |
|                          | 2 11-ounce cans mandarin     |
|                          | oranges and juice            |

Dissolve jello in hot water. Add undiluted orange juice and mandarin oranges. Mold and refrigerate until congealed. Serves 8-10.

Mrs. T. Jerry Williams (Tot)

**MEN-LIKE-IT-SALAD**

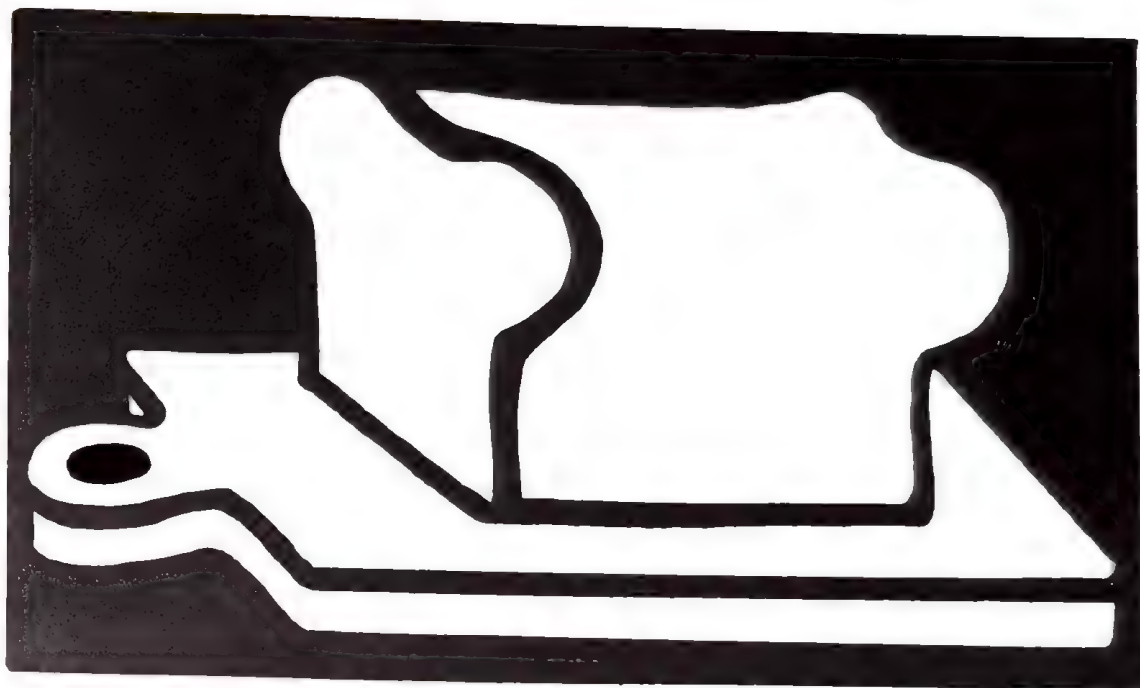
- |                                 |                               |
|---------------------------------|-------------------------------|
| 1 package lime jello (3 ounces) | 1/2 cup diced pecans          |
| 1 3/4 cups hot water            | 1 cup diced celery            |
| 1 small package cream cheese    | pinch of salt                 |
| (room temperature)              | 1 small can crushed pineapple |

Dissolve gelatin in water. Cool. Mash cream cheese. Blend in pineapple. Add nuts and celery and salt. Mix cooled gelatin with cheese mixture and pour into mold. (Can also be placed in glass loaf pan and served in slices.) Check during jelling stage to be sure the celery, etc. is distributed throughout.

Mrs. Hunter P. Tapscott (Nancy)

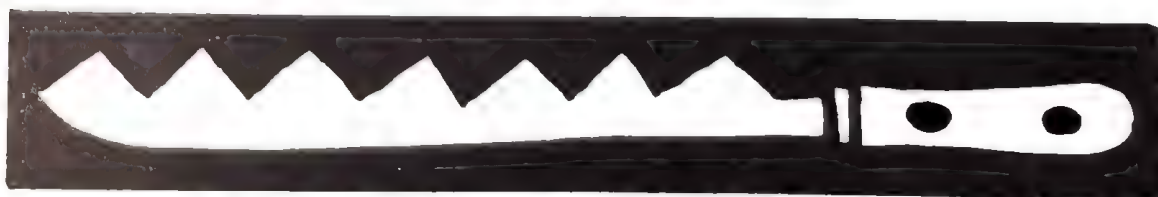


# Breads



“Give seed to the sower, and bread  
to the eater.”

— ISAIAH 55:10





## BREAD BAKING TIPS

1. Dissolve dry yeast in  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of warm ( $110-115^{\circ}$ ) water that contains 1 teaspoon of sugar. Too warm or too hot water will kill the yeast. Let this mixture sit about 5-10 minutes before adding it to the liquid in your recipe.
2. To make the bread more nutritious without affecting the taste, replace equal amounts of flour with Brewer's yeast, wheat germ bone meal or non-instant dry milk.
3. Add  $\frac{1}{2}$  to  $\frac{3}{4}$  of the flour to the liquid mixture and mix with a fork until stiff. Then work in the remaining flour,  $\frac{1}{2}$  cup at a time until it won't stick to your hand. The amount of flour needed for this will vary. Too much flour will make the bread heavy and hard to handle.
4. Kneading – As you knead the dough will get slightly sticky; so keep your hands and dough floured. To knead, fold one end over to meet the other end and push with palms, rotating the dough each time. Knead 5-10 minutes until dough is "elastic." Underkneading makes heavy bread.
5. Rising – Place dough in a large greased bowl; then turn it so the top is greasy. Place a cloth over the bowl and put it in a warm place to rise. On top of the refrigerator or in a COLD oven with a pan of warm water under it are good places. Let rise until doubled in bulk – about 1-2 hours. If it has risen too much it will fall and the bread will be coarse and dry. To test it press finger in the dough and the imprint should remain.
6. Shaping loaves – After first rising, punch the dough down and work it to get all the air out. A few minutes more kneading will give the bread a finer grain. Divide the dough into number of loaves called for and leave the rest covered 10 minutes. Shape a loaf by rolling or pressing the dough into a rectangle. The width should equal the length of the pan. Roll the rectangle, pinching the edges as you roll. The roll would fill half of the pan. Or shape into a round loaf and bake on a cookie sheet.
7. Cover again and let rise a second time until almost doubled in bulk. About  $\frac{1}{2}$  the time of the first rising. The finger test will leave just a slight impression.

Mrs. Charles Fox (Bekah)

## WAFFLES

3 egg whites (beat until stiff)  
 3 egg yolks  
 1  $\frac{1}{3}$  cups milk  
 $\frac{1}{4}$  cup salad oil

2 cups flour  
 2 tablespoons sugar  
 $\frac{1}{2}$  teaspoon salt  
 1 tablespoon baking powder

Mix together thoroughly all ingredients except egg whites. Then fold egg whites into the batter and bake in the waffle iron. Serves 4-6.

Mrs. Charles Rogers (Judy)



## POP OVERS

1 cup flour

1 cup milk

2 eggs

1/4-1/2 teaspoon salt

Mix in bowl with rotary beater until smooth. Don't overbeat. Butter muffin pan extra good and fill half full. Bake at 400° for 30 minutes. Makes 10.

Mrs. James M. Boyette (Nancy)

## MARY'S BAKING POWDER BISCUITS



2 cups flour

4 teaspoons baking powder

1/2 teaspoon salt

2 tablespoons shortening

3/4 cup milk

Mix dry ingredients; add shortening and mix thoroughly. Slowly add milk. Roll out on floured board and cut dough into biscuits. Bake in a 450° oven for 10 to 12 minutes. Serve hot with plenty of butter! (Makes approximately 2 dozen biscuits.)

Mrs. John Clayton Smith  
(Margaret)

## HOT CAKES

2/3 cup flour

1/3 cup cornmeal (white if possible)

1/4 cup sugar

3/4 teaspoon salt

1 tablespoon baking powder

2/3 cup milk

1 heaping tablespoon shortening  
melted

1 teaspoon water

2 eggs

Sift flour, cornmeal, sugar, salt and baking powder in a bowl. Add eggs one at a time. Then gradually add the milk, stirring all the time. Pour in melted shortening and at the last add the water. If hot cakes are too thick, add additional milk depending on the thickness you like. Cook on a griddle in which you melted the shortening.

Mrs. S. R. Watson (Lillian)

## GRANOLA

1 1/2 cups brown sugar

1/3 cup water

6 cups (1 pound box) oatmeal

1 jar (12 ounces) wheat germ

raisins, dates, coconut, nuts — optional

1/2 cup whole wheat flour

1 teaspoon salt

1 cup vegetable oil

2 teaspoons vanilla

Dissolve sugar in water and boil one minute; cool slightly. Add oil and vanilla. Mix dry ingredients (except raisins or dates) using a large bowl. Pour syrup mixture over dry ingredients, mixing well. Put into two large baking pans spreading evenly. Bake at 200° for 2 hours; stir occasionally. Cool. Add raisins or dates. Keeps well in tight containers. Use 1/3 cup per serving.

Mrs. Edwin T. Powell, Jr. (Jane)

... slowly in butter just until soft. Separate the 10 biscuits.  
 Place in single layer in an ungreased 8 inch round pan - preferably spring  
 form. Press dough together to cover bottom and sides completely. Spoon  
 onion mixture on top. Beat egg slightly. Blend in sour cream and salt.  
 Spoon over onions. Sprinkle with poppy seeds. Bake at 375° for 30  
 minutes or until set. Unmold from spring form. Garnish with parsley. Slice  
 into wedges and serve warm. Serves 8.

## PUMPKIN BREAD

4 eggs  
 2/3 cup water  
 1 cup salad oil (or corn oil)  
 3 cups sugar  
 1 1/2 cups flour

No particular order of mixing is necessary. However, I add eggs last. Bake  
 at 350° for 1 hour. Makes three loaves.

Mrs. Robert Guthrie (Pickett)

2 teaspoons baking soda  
 1 1/2 teaspoons salt  
 1 teaspoon cinnamon  
 1 teaspoon nutmeg  
 1 one-pound can pumpkin

## LEMON BREAD

1/4 cup margarine  
 1/2 cups sugar  
 3 eggs  
 1 1/4 cups sifted flour  
 1 teaspoon salt

Size for Lemon Bread

Juice of 2 lemons  
 1/2 cup sugar

1/4 teaspoon soda  
 3/4 cup buttermilk  
 grated rind of 1 lemon  
 3/4 cup chopped nuts

Mrs. H. Emerson Atkinson  
 (Charlotte)

Grease and flour a loaf dish or pan 9 x 5 x 3 inches, 2-quart size. Preheat  
 oven to 325°. Cream margarine and sugar; beat in eggs. Sift dry ingredi-  
 ents together and add to batter, alternating with milk. Mix well. Stir in  
 lemon rind and nuts. Pour into prepared loaf dish and bake in pre-  
 heated oven about 1 hour and 20 minutes or until cake tester inserted into  
 center comes out clean. Cool 15 minutes in dish. Remove from dish and  
 cool completely on a wire rack. While loaf is baking, prepare glaze by com-  
 bining the lemon juice and sugar. Let stand to allow sugar to dissolve.  
 Removing loaf from dish, pierce top with a cake tester in a number  
 of places and brush with glaze. Allow to cool to room temperature before  
 slicing.

Hester P. Tapscott (Nancy)

**BANANA NUT BREAD**

1/2 cup vegetable oil  
1 cup sugar  
2 beaten eggs  
3 bananas  
2 cups plain flour  
1 teaspoon soda

1/2 teaspoon baking powder  
1/2 teaspoon salt  
3 tablespoons milk  
1/2 teaspoon vanilla  
1/2 cup nuts

Cream oil and sugar; then add eggs. Sift dry ingredients and add to the creamed mixture alternately with the milk. Add mashed bananas, vanilla and nuts. Bake at 350° for 50 to 60 minutes. Test for doneness at 50 minutes with a toothpick.

Mrs. E. Lindsey Reed, II  
(Virginia)

**HONEY WALNUT BREAD**

1 cup milk  
1 cup honey  
1/2 cup sugar  
1/4 cup softened butter  
1 egg

2 1/2 cups sifted flour  
1 teaspoon salt  
1 teaspoon baking soda  
1/2 cup chopped walnuts

Scald milk. Add honey and sugar. Stir over medium heat until the sugar is dissolved. Cool. Beat in butter and egg. Sift together flour, salt, baking soda. Add to the batter and beat well. Add walnuts. Bake in a loaf pan about 1 hour at 350°. Cool 15 minutes before turning out of the pan.

Mrs. E. Wood Gauss (Elizabeth)

**PUMPKIN BREAD**

1 large can pumpkin  
3 cups sugar  
1 cup oil  
1 cup nuts  
5 cups flour

1 teaspoon salt  
1 teaspoon cinnamon  
1 teaspoon cloves  
4 teaspoons baking soda

Mix first four ingredients well. Sift together and add remaining dry ingredients. Shape into 3 loaves in a greased floured pan or in 3 loaf pans and bake for one hour at 325°. Put pan of water in oven while baking.

Mrs. R. Clark Dillon (Linda)

**PEANUT BUTTER BACON BREAD**

1 cup sugar  
1 tablespoon melted shortening  
1 cup buttermilk  
1 egg, well beaten  
1 cup smooth peanut butter

1/2 teaspoon salt  
2 cups flour  
3 teaspoons baking powder  
1 cup chopped unsalted peanuts  
1 cup crisp bacon bits

Mix in salt, flour and baking powder. Add nuts and bacon. Let stand in a greased, floured 9 1/4 x 5 1/4 inch pan for 20 minutes. Bake at 350° for 1 hour.

Mrs. Samuel T. Wyrick, III  
(Deborah)



**CHEESE BISCUITS**

2 cups flour  
red pepper to taste  
2 sticks margarine (melted)

2 cups sharp Cheddar cheese  
(grated)  
pecan halves

Sift together flour and red pepper. Add butter and cheese. Combine with hands and roll into small balls and flatten. Place pecan half on each biscuit. Bake in slow oven for 15-20 minutes. Serve hot or cold.

Mrs. Joseph R. Nichols (Elizabeth)

**VIRGINIA SPOON BREAD**

2 cups milk  
1/2 cup corn meal  
1 teaspoon salt  
1 teaspoon sugar

1 teaspoon baking powder  
2 eggs, separated  
1/4 stick butter

Preheat oven to 400°. Place Corning or pyrex dish containing butter in oven. Heat milk until fairly warm; stir in cornmeal, sugar, salt and baking powder. Beat well. Stir in well beaten egg yolks. Pour melted butter into mixture and beat well. Fold in stiffly beaten egg whites. Pour mixture into dish. Bake 40-45 minutes or until golden brown. Serve at once.

Mrs. Allen B. Jones (Sarah)

**NO-FAIL SPOON BREAD**

3/4 cup cornmeal  
1 tablespoon flour  
1 tablespoon sugar  
1 teaspoon salt  
1/2 teaspoon soda  
1/4 teaspoon baking powder

1 pint sour cream (or blender  
smooth cottage cheese)  
2 eggs  
2 tablespoons oil

Sift together first six ingredients. Add remaining ingredients. Mix thoroughly with an over and over beat. Pour into greased pan or casserole. Bake at 350° for about 40 minutes or until brown.

Mrs. Edwin T. Powell, Jr. (Jane)

**POPPY SEED BREAD**

4 eggs  
2 cups sugar  
1 1/2 cups salad oil  
3 cups flour

1/2 teaspoon salt  
13 ounce can evaporated milk  
1 2-ounce box poppy seeds  
1 1/2 teaspoons baking soda

In a large mixing bowl beat eggs and add sugar and salad oil. Sift together flour, baking soda and salt. Add flour mixture alternately with the evaporated milk to the egg mixture. Add the poppy seeds. Bake in a tube pan for 1 1/4 hours at 350° or in loaf pans for about 45 minutes.

Mrs. Donald Coffey (Nancy)



## BISHOP'S MUFFINS

2 1/2 cups sifted all-purpose flour  
2 cups brown sugar  
1/2 teaspoon salt  
1/2 cup Crisco  
1 teaspoon baking powder

1 teaspoon cinnamon  
1/2 teaspoon baking soda  
1 egg  
3/4 cup buttermilk

Mix flour, sugar and salt. Cut in Crisco until mixture is crumbly. Take out 1/2 cup for topping. To remainder add baking powder, cinnamon, soda, egg and milk. Mix well. Pour into greased muffin tins. Sprinkle with reserved crumbs. Bake at 350° for 30 minutes. Yield: 18.

Mrs. Joe Dietzel (Rosalie)

## ICEBOX BRAN MUFFINS

2 cups Nabisco 100% Bran  
2 cups corn oil  
5 cups flour  
2 cups sugar  
5 teaspoons soda

1 1/2 teaspoons salt  
1 quart buttermilk  
4 eggs  
2 cups Kellogg's All Bran

Mix first eight ingredients. Then add the Kellogg's All Bran. Pour into greased muffin tins. Bake at 400° for 20 minutes. (Makes one gallon. Put in covered container. Will keep several weeks in refrigerator.)

Mrs. Douglas A. Cotter (Rosalyn)

## DORIS MERITT'S CORN PUDDING

1 cup crushed corn  
4 eggs  
1/2 cup sifted flour  
1/2 cup sugar

2/3 stick butter  
2 cups milk  
good pinch of salt

Beat eggs; add dry ingredients; then add milk and corn and dot with butter. Bake 1 hour at 425°. Serves 6 or 8. (This recipe may be halved for smaller quantity.)

Mrs. Harvey Hinnant (Tal)

## CORN BREAD

1 cup meal (water ground meal is best)  
1 teaspoon baking powder  
1/2 teaspoon salt

1 egg  
2 tablespoons bacon drippings  
1/2 cup milk (or enough to make batter of a pouring substance)

Mix dry ingredients; add egg and milk and melted grease; beat well. Fill hot greased cornstick pans or muffin tins 1/2 full and cook approximately 20 minutes in a 400° oven.

Mrs. John Clayton Smith  
(Margaret)



**ONION KUCHEN**

- |  |                        |
|--|------------------------|
| 2 medium onions, peeled, sliced and separated into rings | 1 cup sour cream       |
| 3 tablespoons butter                                     | 1/2 teaspoon salt      |
| 1 package refrigerated biscuits                          | 1 teaspoon poppy seeds |
|  | 1 egg                  |

Saute onions slowly in butter just until soft. Separate the 10 biscuits. Place in single layer in an ungreased 8 inch round pan — preferably spring form. Press dough together to cover bottom and sides completely. Spoon onion mixture on top. Beat egg slightly. Blend in sour cream and salt. Spoon over onions. Sprinkle with poppy seeds. Bake at 375° for 30 minutes or until set. Unmold from spring form. Garnish with parsley. Slice into wedges and serve warm. Serves 8.

**PUMPKIN BREAD**

Mrs. Robert Guthrie (Pickett)

- |                               |                         |
|-------------------------------|-------------------------|
| 4 eggs                        | 2 teaspoons baking soda |
| 2/3 cup water                 | 1 1/2 teaspoons salt    |
| 1 cup salad oil (or corn oil) | 1 teaspoon cinnamon     |
| 3 cups sugar                  | 1 teaspoon nutmeg       |
| 3 1/2 cups flour              | 1 one-pound can pumpkin |

No particular order of mixing is necessary. However, I add eggs last. Bake at 350° for 1 hour. Makes three loaves.

Mrs. H. Emerson Atkinson  
(Charlotte)

**LEMON BREAD**

- |                         |                        |
|-------------------------|------------------------|
| 3/4 cup margarine       | 1/4 teaspoon soda      |
| 1 1/2 cups sugar        | 3/4 cup buttermilk     |
| 3 eggs                  | grated rind of 1 lemon |
| 2 1/4 cups sifted flour | 3/4 cup chopped nuts   |
| 1/4 teaspoon salt       |                        |

**Glaze for Lemon Bread**

- juice of 2 lemons  
3/4 cup sugar

Grease and flour a loaf dish or pan 9 x 5 x 3 inches, 2-quart size. Preheat oven to 325°. Cream margarine and sugar; beat in eggs. Sift dry ingredients together and add to batter, alternating with milk. Mix well. Stir in grated lemon rind and nuts. Pour into prepared loaf dish and bake in preheated oven about 1 hour and 20 minutes or until cake tester inserted into center comes out clean. Cool 15 minutes in dish. Remove from dish and cool completely on a wire rack. While loaf is baking, prepare glaze by combining the lemon juice and sugar. Let stand to allow sugar to dissolve. After removing loaf from dish, pierce top with a cake tester in a number of places and spoon with glaze. Allow to cool to room temperature before slicing thin to serve. Makes 1 loaf.

Mrs. Hunter P. Tapscott (Nancy)

## BANANA NUT BREAD

1/2 cup vegetable oil  
1 cup sugar  
2 beaten eggs  
3 bananas  
2 cups plain flour  
1 teaspoon soda

1/2 teaspoon baking powder  
1/2 teaspoon salt  
3 tablespoons milk  
1/2 teaspoon vanilla  
1/2 cup nuts

Cream oil and sugar; then add eggs. Sift dry ingredients and add to the creamed mixture alternately with the milk. Add mashed bananas, vanilla and nuts. Bake at 350° for 50 to 60 minutes. Test for doneness at 50 minutes with a toothpick.

Mrs. E. Lindsey Reed, II  
(Virginia)

## HONEY WALNUT BREAD

1 cup milk  
1 cup honey  
1/2 cup sugar  
1/4 cup softened butter  
1 egg

2 1/2 cups sifted flour  
1 teaspoon salt  
1 teaspoon baking soda  
1/2 cup chopped walnuts

Scald milk. Add honey and sugar. Stir over medium heat until the sugar is dissolved. Cool. Beat in butter and egg. Sift together flour, salt, baking soda. Add to the batter and beat well. Add walnuts. Bake in a loaf pan about 1 hour at 350°. Cool 15 minutes before turning out of the pan.

Mrs. E. Wood Gauss (Elizabeth)

## PUMPKIN BREAD

1 large can pumpkin  
3 cups sugar  
1 cup oil  
1 cup nuts  
5 cups flour

1 teaspoon salt  
1 teaspoon cinnamon  
1 teaspoon cloves  
4 teaspoons baking soda

Mix first four ingredients well. Sift together and add remaining dry ingredients. Shape into 3 loaves in a greased floured pan or in 3 loaf pans and bake for one hour at 325°. Put pan of water in oven while baking.

Mrs. R. Clark Dillon (Linda)

## PEANUT BUTTER BACON BREAD

1 cup sugar  
1 tablespoon melted shortening  
1 cup buttermilk  
1 egg, well beaten  
1 cup smooth peanut butter

1/2 teaspoon salt  
2 cups flour  
3 teaspoons baking powder  
1 cup chopped unsalted peanuts  
1 cup crisp bacon bits

Mix in salt, flour and baking powder. Add nuts and bacon. Let stand in a greased, floured 9 1/4 x 5 1/4 inch pan for 20 minutes. Bake at 350° for 1 hour.

Mrs. Samuel T. Wyrick, III  
(Deborah)

**NUT MUFFINS**

1 cup brown sugar  
 1/2 cup Crisco  
 2 cups flour  
 1 cup buttermilk  
 3 eggs  
 1/2 cup chopped pecans

1 teaspoon cloves  
 1 teaspoon cinnamon  
 1 teaspoon allspice  
 1 teaspoon soda  
 1/2 teaspoon salt

Cream Crisco and sugar well. Sift dry ingredients three times. Add eggs to creamed mixture one at a time, beating well. Add dry ingredients to creamed mixture alternating with buttermilk. Pour into greased muffin rings. Bake at 350° for 10 minutes and then twenty minutes at 375°. Makes 18 large muffins or 36 small ones.

Mrs. David Sisk (Deborah)

**ANNA ROSE'S ICEBOX ROLLS**

1/2 cup sugar  
 1 teaspoon salt  
 1/2 cup shortening  
 1 package dry yeast

1 egg  
 7 cups sifted flour  
 2 cups lukewarm water

Mix together sugar, salt, shortening and 2 cups of flour to the consistency of coarse meal. Dissolve yeast in the warm water and add 1/2 of this to the above. Add the egg and mix well. Add the other 5 cups of flour and the rest of the yeast water.\* Let stand in a greased bowl until double in size — 4 or 5 hours at normal room temperature — then cover and put into the refrigerator. Will keep in the refrigerator for several days. Pull off amount needed — make into rolls — and let rise 2 hours. Bake in 400° oven about 15 minutes. Makes approximately 40 rolls.

Mrs. John Clayton Smith  
 (Margaret)

**RASPBERRY COFFEE CAKE**

1 3-ounce package cream cheese  
 2 cups Bisquick  
 1/3 cup milk

Cut in margarine and cheese. Mix with milk. Roll out into 8 x 11 rectangle. On each side, cut into center 2 1/2 inches every 1 inch. Spread jam down the center; fold over strips and pinch ends together. Bake at 400° until done. (Jams may be chosen according to preference.)

**Glaze**

1 cup powdered sugar  
 2 tablespoons milk  
 1/2 teaspoon vanilla

Mix and drizzle over cake while hot.

Mrs. Gary Roth (Gail)



## EASY REFRIGERATOR ROLLS

6 tablespoons Crisco  
1/2 cup boiling water  
1 egg, beaten  
6 tablespoons sugar  
1 teaspoon salt

1/2 cup cold water  
1 package yeast  
1/4 cup lukewarm water  
3 1/2 cups plain flour

Combine shortening and boiling water; stir until shortening is melted. Combine egg, sugar and salt and beat in cold water. Soften yeast in lukewarm water. Combine the three mixtures and add flour. Cover with plastic wrap and chill several hours before using. Knead lightly and cut into the shape desired. Bake at 425° until brown. Makes about 3 dozen. Dough keeps easily for 3-4 days.

Mrs. John Hartpence (Sarah)

## MORAVIAN COFFEE CAKE

1/2 refrigerator roll dough  
1/2 cup softened butter  
1/4 cup cream

1 cup brown sugar  
2 teaspoons cinnamon

Take dough out of the refrigerator about 2 hours before baking. Pat dough into two well greased pan 9 x 9 inches. Cover with damp cloth and let rise until double. Punch with thumb 12 holes in the top of each coffee cake. Carefully spread butter on the tops. Pour cream into the holes. Mix brown sugar and cinnamon and sprinkle over the tops. Bake in preheated oven 400° about 25 minutes.

Mrs. Charles H. Fox (Bekah)

## WHOLE WHEAT ROLLS

1/3 cup warm water (115-120°)  
1 package active dry yeast  
1 cup scalded milk  
1 1/2 teaspoons salt

1/4 cup honey  
4 tablespoons oil  
3 beaten eggs  
3 1/2-4 cups whole wheat flour

Soften yeast in warm water. Add lukewarm milk, salt, honey, oil and beaten eggs to yeast mixture. Stir in flour until the dough is soft and spongy. Mix well with your hands. Knead slightly and place in a greased bowl to rise. Cover with a damp cloth and let rise until doubled in bulk. Shape into rolls and let them rise until almost double in bulk. Bake at 350° for 15-20 minutes.

Mrs. Charles H. Fox (Bekah)

## CINNAMON BUNS

Use recipe for Swedish Tea Ring. After sprinkling with brown sugar and cinnamon, sprinkle with a few raisins. Roll jelly-roll fashion; cut in 1 inch slices. Put into buttered pans with sides touching. Brush with melted margarine. Let rise. Bake at 375° for 15-20 minutes. Use icing as in the Swedish Tea Ring recipe.

Mrs. Eugene S. Knight (Tommy)

**SWEDISH TEA RING**

1/2 cup milk  
 2 sticks margarine  
 1/2 cup sugar  
 1/2 teaspoon salt  
 1 package dry yeast  
 1/4 cup warm water

2 cups sifted flour  
 2 beaten eggs  
 1 1/2 to 2 cups sifted flour  
 margarine  
 1/3 cup brown sugar  
 1 teaspoon cinnamon

Combine milk and the 2 sticks of margarine. Heat until the margarine is melted. Cool to lukewarm. Combine and stir yeast and warm water. Combine the two mixtures and add 2 cups of flour and the eggs. Beat well and add the rest of the flour to make a soft dough. Mix well. Place dough in a greased bowl and let rise until doubled in bulk. Divide the dough into 5 parts. Pat or roll out each part on a well floured board. Spread with melted margarine and sprinkle with brown sugar and cinnamon.

Roll jelly-roll fashion. Shape on a greased baking sheet into a ring, sealing ends together. From the outside cut through the ring towards the center almost all the way through in 1 inch slices. Turn slices slightly on side. Brush lightly with melted margarine. Cover and let rise until doubled in bulk. Bake at 375° for 15 to 20 minutes.

Remove from the pan; spread lightly with icing made of confectioners sugar thinned with water and flavored with almond flavoring. Sprinkle with chopped nuts. If preferred, make icing with confectioners sugar, orange rind and orange juice.

Mrs. Eugene S. Knight  
 (Tommy)

**WHEAT GERM BREAD**

2 packages dry yeast  
 1/4 cup warm water  
 3 tablespoons sugar  
 2 1/2 teaspoons salt  
 butter or other shortening

1/3 cup molasses  
 3/4 cup milk, scalded  
 1 cup wheat germ  
 4 cups whole-wheat flour  
 2 cups white flour

Measure 1/4 cup warm water into a large bowl. Dissolve yeast in it. In sauce pan mix 1 1/4 cups water, sugar, salt, 1/3 cup butter and molasses. Heat until butter melts. Cool to lukewarm. Pour scalded milk over the wheat germ. Let stand until the liquid is absorbed and mixture is lukewarm. To yeast stir in the lukewarm wheat germ mixture. Mix whole-wheat and white flour. Add half to yeast mixture and beat until smooth. Stir in the remaining flour mixture and knead until smooth and elastic. Place in a greased bowl and brush top lightly with melted butter. Cover and let rise until doubled in bulk — about 1 1/2 hours. Punch down; divide and shape into two loaves. Place in greased loaf pans and let rise again — about 1 1/4 hours. Bake in a preheated hot oven 400° for 50 minutes.

Mrs. Stephen Farrar (Colleen)

**WHOLE WHEAT BREAD**

1/2 cup warm water (110-115°)  
2 packages active dry yeast  
4 cups liquid (scalded milk, potato  
water or water)  
6 tablespoons molasses or honey

1 tablespoon salt  
6 tablespoons oil  
1/2 cup non-fat dry milk  
(optional)  
9 cups whole wheat flour (1/2 cup  
wheat germ and/or 3 table-  
spoons Brewer's yeast may be  
used

Dissolve yeast in the warm water. Add liquid, molasses or honey, salt and oil. If used, mix dry milk, wheat germ and Brewer's yeast with 3 cups of flour. Add to liquid and mix. Add up to 6 cups of flour. Mix well with hands. Slowly add the rest of the flour until dough is ready for kneading (soft, spongy, easy to handle). Flour dough slightly and place on floured surface. Let the dough rest about 5 minutes. Then knead about 5 minutes. Place in a well greased bowl, cover with a damp cloth and let rise until double in bulk. Punch down, knead slightly and divide into equal parts for loaves.

Chape into 2 large or 3 small loaves and place into pans. Let rise but not double in bulk. (if it rises too much, it will fall). Place in a preheated oven 375° for 15 minutes. Reduce heat to 350° and continue baking for about 45 minutes longer. Test for doneness. If the top gets too brown, place aluminum foil loosely over the top.

Mrs. Charles H. Fox (Bekah)

**HOT BREAD**

1 package Pillsbury Hot Roll Mix  
1 cup warm water

1/4 cup sugar  
2/3 cup flour (unsifted)

Soften yeast in water; add sugar and stir until dissolved. Add roll mix and flour. Blend well and set to rise. When doubled in bulk, separate and drop into two well buttered loaf pans. Smooth tops with wet hand. Allow to double in bulk. Bake 30 minutes at 350°.

Mrs. Douglas A. Cotter (Rosalyn)

**QUICK HOMEMADE BREAD**

2 packages yeast  
3 cups warm water  
1 heaping tablespoon brown sugar  
1/4 cup wheat germ

1 cup dry milk  
7 cups flour  
4 teaspoons salt  
2 tablespoons vegetable oil

Stir yeast into the water; add sugar. Let stand while sifting flour and dry milk. Stir salt, wheat germ and half the flour mixture into the yeast. Stir in oil. Add remaining flour. Knead the dough. Divide into two loaves. Place the bread into greased pans. Cover with a cloth and let stand in a warm place for 40 minutes or until doubled in bulk. Bake 50 minutes at 350°.

Mrs. Barbara Jackson



**COOL-RISE BREAD**

2 packages yeast  
 1/2 cup warm water  
 1 3/4 cups warm milk  
 3 tablespoons sugar

1 tablespoon salt  
 3 tablespoons margarine or oil  
 5 1/2-6 1/2 cups flour

Add yeast to warm water and milk. Add sugar, salt and oil. Add flour in three stages, beating vigorously after the first two additions. Knead thoroughly until smooth and no more flour is absorbed. Cover dough with waxed paper and let rest in refrigerator for 20 minutes. Shape into 2 loaves and place in well greased pans. Refrigerate for 2 to 24 hours. Let stand at room temperature 10 minutes and then bake at 400° for 30-40 minutes. Brush with butter and cool on racks. For oatmeal bread: substitute 2 cups of oatmeal for 2 cups of flour and use molasses instead of sugar.

Mrs. Charles H. Rogers (Judy)

**HIIVALEIPA – FINNISH RYE BREAD**

1 1/2 cups hot water  
 1 tablespoon sugar  
 1 tablespoon salt  
 3 cups rye flour  
 2-2 1/2 cups white flour

2 tablespoons shortening or  
 margarine  
 1/2 cup warm water  
 2 packages active dry yeast

Pour hot water into a large bowl and stir in sugar, salt and shortening. Dissolve the yeast in warm water in another bowl. When water, salt, sugar, shortening is lukewarm, pour the yeast mixture into it. Add rye flour and mix with hands. Slowly add white flour until the dough is soft and easy to handle. Turn out onto floured surface and knead until smooth and elastic (about 6 minutes). Place in a greased bowl, turn over so top is greased, cover with a damp cloth and let rise until doubled in bulk – about 1 hour. Punch down, divide in half and shape into loaves. Place in greased pans (9 x 5). Cover with a damp cloth and let rise until almost double. Bake at 400° about 30 minutes. Serve warm with honey.

Mrs. Charles H. Fox (Bekah)

**WHITE BREAD**

1 package dry yeast  
 1/4 cup warm water  
 2 cups milk, scalded  
 1/4 cup butter or margarine

2 tablespoons sugar  
 2 teaspoons salt  
 6 cups flour

Dissolve yeast in warm water and let stand 5-10 minutes. Pour the hot milk over butter, sugar and salt in a large mixing bowl. Cool to lukewarm and add yeast and 3 cups of flour. Beat well. Add remaining flour and mix well. Turn out on a floured board and knead until satiny. Put in a greased bowl, turn once, cover and let rise 1 1/2 hours. Punch down; let rise 30 more minutes. Shape into 2 loaves, place in pans and cover and let rise until doubled – about 45 minutes. Bake in a preheated hot oven 400° about 35 minutes.

Mrs. Steven Farrar (Colleen)





# Meat, Fish and Poultry



“And make me savoury meat,  
such as I love...”

— GENESIS 27:4



**COLD MARINATED BEEF**

5 lb. sirloin tip roast soaked in one bottle of beer overnight.

1/4 cup flour	1/2 teaspoon garlic salt
1/4 teaspoon salt	1/8 teaspoon pepper

Mix and coat roast. Cook to temperature of 140°. Baste with 1/4 cup oil and 1/2 cup beer.

Slice meat thin and let sit several hours in marinade made of:

1/2 cup oil	1/4 cup Burgundy wine
1/4 cup red wine vinegar	1/2 cup dry sherry
1/2 cup tomato paste	1/2 teaspoon salt
1/2 cup marinade sauce (comes in jar at supermarket)	1/4 teaspoon onion salt
	1/4 teaspoon garlic salt
	1/8 teaspoon pepper

Excellent for cold summer buffet.

Mrs. Robert L. Guthrie (Pickett)

**BEEF RAGOUT**

Brown 3 pounds of beef stew meat evenly. Place in a heavy 4 quart casserole with cover. Add 2 tablespoons of flour and stir well. Add 1 cup of finely chopped onions and 3 cloves of garlic, 1 bay leaf and 1 tablespoon of thyme; salt and pepper to taste. Mix well.

Pour any fat out of frying pan and pour in 3 cups of red wine and a 6 ounce can of tomato sauce. Bring to a boil and pour over meat. Add 2-3 cups of beef bouillon — enough to cover beef. Bring to a boil and cover. Simmer in a 350° oven 2-3 hours, stirring occasionally. If sauce thickens too rapidly, add water. Add onions, carrots and potatoes 1-2 hours before serving time.

Mrs. Charles H. Rogers (Judy)

**BEEF STEW**

2 pounds boneless chuck (cut in 2 inch cubes)	1 beef bouillon cube
2 teaspoons salt	1 whole clove
1/2 teaspoon paprika	6 small onions
1/4 teaspoon pepper	6 medium potatoes
3 tablespoons margarine	4 medium carrots
1 cup water	1 cup celery
8 oz. can tomato sauce	1 cup water
	1 bay leaf

Brown beef in margarine; add water, tomato sauce, bouillon cube, clove, paprika, salt and pepper. Cover and simmer one hour. Add onions, potatoes and carrots. Simmer 45 minutes longer. Add remaining vegetables and water; cook 15 minutes longer.

Mrs. Norwood B. Starling (Mary)

## JUDY BROWN'S BEEF, NOODLE AND GREEN ONION CASSEROLE

3 pounds ground beef	2 teaspoons sugar
4 tablespoons butter	1/4 teaspoon pepper
2 cloves garlic, minced	5 8 oz. cans tomato sauce
2 teaspoons salt	

Brown meat in butter. Add rest and simmer 20 minutes.

2 oz. package thin noodles, cooked	2 1/2 cups sour cream
12 fresh green onions, chopped	grated sharp Cheddar cheese
1 8 oz. package cream cheese	

Soften cream cheese with a small amount of milk. Add sour cream and mix well. In two 8 x 10 baking dishes arrange and divide equally the following in this order: noodles, meat sauce, cream cheese, noodles, cream cheese and meat sauce. Top with cheddar cheese. Bake 20 minutes at 350° or until bubbly.

Mrs. William E. Bellamy (Joan)

## BEEF BURGUNDY

Two pounds of stew beef floured and browned in butter. Cover with water and season with 1 onion, cut up; 1 clove of garlic; 2 bay leaves; 2 teaspoons of oregano; some salt and pepper (or 1 package of onion soup mix). Add 1 can of mushroom soup and 1 can of red wine. May add 4 ounce can of drained mushroom stems and pieces. Cook slowly at least 3 hours. Serve over noodles or rice.

Mrs. Susan Brooks

## HAMBURGER PILAF

Brown 1 pound of ground beef and drain. Remove meat from pan and saute 2/3 cups of uncooked rice and 1/2 cup of chopped onion in butter until golden. Add 1 tablespoon of white wine and cover for a few minutes. Stir and add beef bouillon (3 cubes dissolved in 2 1/2 cups of hot water), 1/2 cup of green pepper and 2 tablespoons of soy sauce. Cook uncovered until liquid disappears. Serves 6.

Mrs. Susan Brooks

## MEAT LOAF

1 1/2 pounds ground beef	1/2 onion, minced (can use dehydrated onion flakes)
1 cup tomato juice	1 egg
1 stack saltine crackers	several slices bacon
1/2 can tomato sauce	pepper
salt	

Crush crackers and pour tomato juice over crackers. Beat egg and add meat, crackers and remaining ingredients. Shape into loaf. Put in oiled (foil lined) pan. Cut across top. Pour tomato sauce over the loaf and bacon strips on top. Bake about 1 hour at 350°.

Mrs. James D. Beckwith (Lib)



**HAMBURGER PIE**

1 pound hamburger  
 1/2 onion, minced  
 1 1/2 cups catsup  
 1 tablespoon vinegar  
 1 teaspoon sugar  
 1 teaspoon salt

1/2 teaspoon pepper  
 1 teaspoon paprika  
 1 1/2 teaspoons chili powder  
 1 teaspoon chopped oregano  
 2 slices mozzarella cheese  
 1 pie crust

Precook pie crust for 7 minutes or until it starts to brown. Take it out of the oven and set aside. Cook hamburger and onion in skillet. Crumble hamburger until meat is no longer red. Add everything except the cheese; mix thoroughly and cook gently for 5 minutes. Pour hamburger mixture into the half-baked pie shell; place mozzarella cheese on top. Cook in 350° oven for 10 minutes or until cheese is bubbly and golden brown. Serves 4.

Mrs. Samuel T. Wyrick, III  
 (Deborah)

**LEMON BARBEQUED MEAT LOAVES**

1 1/2 pounds ground beef  
 1/2 cup water  
 1/4 cup finely chopped onion  
 4 slices dry bread, finely diced

2 teaspoons salt  
 1/4 cup lemon juice  
 1 egg, slightly beaten

Combine all ingredients; mix well. Shape into six individual loaves. Place in a greased oblong baking dish. Bake at 350° for 15 minutes.

**Topping**

1/2 cup catsup  
 1 teaspoon dry mustard  
 1/4 teaspoon ground allspice

1/3 cup brown sugar  
 1/4 teaspoon ground cloves  
 6 thin lemon slices

Combine all ingredients except lemon slices. Spread over loaves; top with lemon slices. Bake 30 minutes longer, basting occasionally.

Mrs. Joe M. Dietzel (Rosalie)

**MEAT LOAF**

1 1/2 pounds ground beef  
 1 cup fresh bread crumbs  
 1 egg beaten  
 1 1/2 teaspoons salt  
 1/2 teaspoon pepper  
 1 onion, grated

1 16 oz. can tomato sauce  
 1/2 cup water  
 3 tablespoons vinegar  
 3 tablespoons brown sugar  
 2 tablespoons prepared mustard  
 2 teaspoons Worcestershire sauce

Mix beef, crumbs, onion, egg, salt, pepper and 1/2 can of tomato sauce. Form into a loaf in a shallow pan. Combine other ingredients. Pour over the loaf. Bake at 350° for 1 hour, 15 minutes. Baste occasionally. Serves 4-6.

Mrs. Edwin T. Powell, Jr. (Jane)



## COLD MEAT LOAF



1 1/2 pounds lean ground beef  
1 cup seasoned bread crumbs  
1 small onion chopped  
1/4 cup parsley, minced  
3/4 cup beef broth  
1 hard boiled egg

1 egg, beaten  
2 teaspoons curry powder  
1 teaspoon salt  
1/2 teaspoon crushed hot red pepper (optional)  
4 or 5 slices bacon

Combine beef, bread crumbs, onion, parsley and chopped hard boiled egg.

Beat raw egg into the cooled beef broth; add curry powder, salt and red pepper. Combine the two mixtures. Shape into a loaf in the baking dish. Place bacon strips on top. Bake 1 hour at 350°. Serve cold.

Mrs. E. Wood Gauss (Elizabeth)

## COMPANY MEAT BALLS

3 pounds lean ground beef  
small amount of oil  
2 teaspoons salt  
1/2 teaspoon freshly ground pepper  
2 tablespoons minced fresh parsley or  
1 tablespoon dried parsley

1/3 cup wheat germ or 6 slices bread — crumbled  
4 eggs, separated  
5 tablespoons flour  
2 cups canned consomme  
1 4 oz. can mushrooms  
6 tablespoons sour cream

Mix together ground beef, salt, pepper and parsley. Add to the meat mixture wheat germ or bread crumbs and egg yolks; mix thoroughly. Whip egg whites until stiff but not dry and fold in — stirring with a fork. Make 2 dozen oval-shaped patties from the meat mixture and saute in oil until browned on each side. Place in a casserole dish.

Stir flour into the drippings and brown slightly. Add 2 cups of consomme and bring to a boil. Then add mushrooms and sour cream, blending until smooth. Pour over meat balls and bake at 350° for 25 minutes.

Note: If more gravy is desired, use rest of canned consomme and increase flour to 6 tablespoons. Serves 8-10.

Mrs. Charles H. Fox (Bekah)

## TEXAS HASH

1 or 2 onions, chopped  
2 green peppers or 2 stalks celery, chopped  
1 pound ground beef  
1 can (16 ounces) tomatoes

1 cup cooked rice or 1/2 cup minute rice  
1/2 to 1 teaspoon chili powder, if desired  
1 teaspoon salt  
1/2 teaspoon pepper

Cook onions and green pepper until tender. Add ground beef and brown. Drain fat. Add remaining ingredients. Bake in a covered casserole in a 350° oven for 45 minutes. Sprinkle cheese on top if desired.

Mrs. David M. Sisk (Deborah)

**SWEDISH MEAT LOAF**

1 can mushroom soup  
 1 1/2 pounds hamburger meat  
 1 egg

1/2 cup crushed herb stuffing  
 1/4 teaspoon nutmeg  
 1/2 cup sour cream

Mix beef, egg, nutmeg, stuffing and 1/3 of the can of mushroom soup. Bake in a loaf pan at 350° for 1 hour. Blend remaining soup and sour cream. Heat and serve over meat loaf. Sprinkle with nutmeg.

Mrs. Charles H. Rogers (Judy)

**HAMBURGER STROGANOFF**

1 pound ground beef  
 3 slices bacon, diced  
 1/2 cup chopped onion  
 3/4 teaspoon salt

1/4 teaspoon paprika  
 dash pepper  
 1 can cream of mushroom soup  
 1 cup dairy sour cream

hot buttered noodles

Brown beef with bacon. Add onion; cook until tender but not brown. Drain off excess fat. Add seasonings. Stir in soup and cook slowly uncovered for 20 minutes, stirring frequently. Stir in sour cream and heat through; do not boil. Serve over hot buttered noodles. Makes 4-6 servings.

Mrs. Henry S. Manning, Jr.  
 (Sara Jo)

**ENGLISH MUSTARD SAUCE**

1/4 cup dry mustard  
 1/4 cup white vinegar  
 1/4 cup sugar

1/8 teaspoon salt  
 1 egg beaten  
 1/2 cup real mayonnaise

Shake mustard and vinegar in a jar. Let stand for 1 hour. Mix together mustard mixture, sugar, salt and egg in a small saucepan. Cook over medium heat — stirring constantly — until mixture is slightly thickened and almost boiling (about 5 minutes). Cool. Before serving stir in mayonnaise. Makes 3/4 cup. (Good dip with meat balls, spareribs, lamb, beef or raw vegetables.)

Mrs. Joseph R. Nichols (Elizabeth)

**BARBECUE SAUCE**

1 cup catsup  
 1/2 cup vinegar  
 2 tablespoons brown sugar  
 1 tablespoon mustard

2 tablespoons Worcestershire sauce  
 1 tablespoon garlic salt  
 1/2 stick butter

Combine all ingredients over low heat. Stir until all ingredients are thoroughly blended. Makes about 2 cups of sauce.

Mrs. Ronald R. Johnson (Sally)

## SOUTH AFRICAN BABOTIE

3 tablespoons butter	1 1/2 cups chopped onion
2 cups bread crumbs	1/2 cup milk
3 pounds ground chuck	1 egg
1-2 tablespoons curry powder	2 teaspoons salt
2 tablespoons plum jam	2 tablespoons lemon juice
1/4 cup ground almonds	2 bay leaves
2 lemons sliced	lemon leaves
2 pimienta strips	

Saute chopped onions until golden brown. Soak bread crumbs in milk and combine with chuck, egg, onion, curry, salt, plum jam, lemon juice and almonds. Place bay leaves on the bottom of an ungreased pie plate or round baking dish. Arrange meat mixture. Pat to fit plate. Bake 1 hour; drain off any excess moisture. Serve with lemon slices and lemon leaves arranged around plate. Twist lemon and pimienta on top. Serves 8-10.

Mrs. William M. Ingram (Polly)

## POT ROAST SUPREME

3-5 pounds chuck roast	4 baking potatoes
1 cup red wine	1 onion
1 cup water	4 carrots
salt, pepper, flour	4 stalks celery
1 package Lipton's onion soup mix	oil
1 cup catsup	

Brown pot roast in hot oil, having rolled it first in seasoned flour. Make a paste of catsup and onion soup mix and spread it over the top of the pot roast. Put roast in a heavy electric fry pan. Set at 350°. Add wine and water; cover and cook. (Can also put roast in Dutch oven at 350° in stove.) Peel potatoes and carrots; cut them into good sized chunks. Cut onion into chunks. Wash celery; cut it into chunks. Put all the vegetables into a roasting pan with the meat after the meat has cooked for 1 hour. Cook 2-4 hours more, depending on the size and cut of the meat, until fork tender. Check occasionally to see if more liquid is needed. Reduce drippings; add flour and seasonings for pan gravy.

Mrs. Samuel T. Wyrick, III  
(Deborah)

## OVERNIGHT BARBECUE

2 4-5 pound pieces of Boston butt  
1/2 cup barbecue sauce  
1/2 cup cider vinegar

Place meat on a rack and cover. Place in a 250° oven about 11:00 p.m. Remove from oven about 8:00 or 9:00 a.m. When slightly cool, pull the fat off of the meat. Chop. Season with vinegar and barbecue sauce. Serves 16.

Mrs. R. Clark Dillon (Linda)



**BARBECUED BEEF PATTIES**

1 pound ground beef  
 1/2 cup uncooked quick oatmeal  
 2/3 cup canned milk  
 2 tablespoons chopped onion

1 teaspoon salt  
 dash pepper  
 4 teaspoons Worcestershire sauce

Mix thoroughly. When milk is absorbed, make into patties and fry slowly for 10 minutes or until brown.

2 tablespoons vinegar  
 4 teaspoons sugar  
 2/3 cup catsup

1/2 cup water  
 1/4 cup chopped onion  
 pepper

Mix remaining ingredients together and add to meat. Cook slowly until done.

Mrs. James M. Boyette, Jr. (Nancy)

**ZIPPY BEEF BARBECUE**

2 pounds ground beef  
 2 tablespoons butter  
 1 medium onion  
 2 tablespoons vinegar  
 2 tablespoons brown sugar

1/4 cup lemon juice  
 1 bottle catsup (14 oz.)  
 2 Worcestershire sauce  
 1/2 teaspoon dry mustard  
 1 cup chopped celery

Cook beef in butter until it loses its red color; break it up with a fork. Add 1 cup of water and the remaining ingredients. Simmer uncovered 20 minutes or until the vegetables are soft, stirring occasionally. Serve in or on rolls.

This is a not so liquid sloppy-joe. Makes a "lot," so plan to freeze some unless you're having company.

Mrs. John H. Hartpence, Jr. (Sarah)

**JEAN'S BRUNSWICK STEW**

1 large hen 5-6 pounds  
 4 slices bacon  
 3 cans white shoe peg corn or  
   6 cups fresh corn  
 3 cans small butter beans or  
   6 cups fresh butter beans  
 3 quarts canned tomatoes or  
   3 quarts fresh peeled tomatoes  
 1/2 cup tomato paste  
 1/4 pound butter

1 teaspoon crushed red pepper  
 4 drops maggie seasoning  
 3 cups cubed white potatoes  
 4 cups chopped onions  
 2 tablespoons Worcestershire sauce  
 2 tablespoons salt  
 3/4 teaspoon black pepper  
 1/4 teaspoon MSG

Boil chicken until tender. Remove skin and cut up meat. Let sit in stock overnight. To stock and the chicken add the rest of the ingredients except Worcestershire sauce (add at very last). Cook at low boil about 1/2 day until thickened. Freezes beautifully.

Mrs. Linwood C. Savage (Ann)

## BRUNSWICK STEW

(Makes about 15 quarts)

- |   |  |
|---|--|
| 2 fryers                                      | 2 1 pound cans cream style corn              |
| 1 1/2 pounds beef stew                        | 1 pound dry butter beans                     |
| 1 1/2-2 pounds pork ribs or<br>loin end roast | 1 bottle Texas Pete                          |
| 3 1 pound cans tomatoes                       | 1 small bottle Worcestershire<br>sauce       |
| 1 15 ounce can tomato sauce                   | 2 1/2-3 pounds potatoes                      |
| 1 26 ounce bottle catsup                      | 1/2 stick margarine                          |
| 2 1 pound cans white shoe peg corn            | 5 pounds onions (use less if very<br>strong) |
| 2 1 pound cans small butter beans             |  |

Boil meats in a large pot. Cover pork and beef with water; add salt to equal 1 teaspoon per pound of meat. Bring to boil with pot covered, then reduce heat but be sure that the water continues to boil for 1 1/2 hours. Then turn meat on high and add chicken quarters plus more salt and water to cover meat. When water boils, reduce heat and continue as before for 1 1/2 hours or until all meats are tender. Remove meats to cool, saving the broth. Bone and cut up all the meats. Discard bones, skin, etc. Store meat and broth in separate containers in refrigerator overnight. Skim off all fat from broth and discard.

Wash dry butter beans and soak in cold water overnight — 1 cup of beans to 4 cups of water. Next day add some salt and bring to a boil; reduce heat and simmer until very tender and liquid reduced. Let sit in broth until ready to mash and add to stew.

While butter beans cook, return some of the meat broth and 2 cans of tomatoes to a big pot. Add chopped onions. Boil until onions are soft. In a separate pot, boil quartered potatoes in enough meat broth to cover until tender; pour off broth. Mash potatoes slightly and add 1/2 stick margarine.

As soon as onions in big pot are tender return all meat to broth and add all meat, tomato sauce, catsup, canned butter beans, shoepeg corn, Texas Pete, and Worcestershire sauce and let boil for 10 minutes. While still boiling, add creamed corn, stirring as you add. Add mashed dried butter beans, then the potatoes — keep stirring — sticks easily. If not thick enough — cook down, stirring constantly. Stew is ready!

Mrs. W. Keith Hobbs (Cindy)

## FIREMAN'S CHILI

- |                               |                            |
|-------------------------------|----------------------------|
| 1 1/2 pounds ground beef      | 1/3 cup catsup             |
| 3/4 cup onion, chopped        | 3 tablespoons chili powder |
| 1/2 cup green pepper, chopped | 2 cans kidney beans        |
| 1 can tomato soup             | salt and sugar to taste    |

Brown meat, onion and green pepper. In sauce pan add all ingredients and simmer at least 30 minutes.

Mrs. W. Keith Hobbs (Cindy)



**CHARLIE'S CHILI**

- |                              |                                |
|------------------------------|--------------------------------|
| 1 1/2 pounds hamburger       | 1 teaspoon cumin               |
| 2 pounds canned kidney beans | salt                           |
| 2 pounds canned tomatoes     | oregano                        |
| 1 medium onion               | thyme                          |
| 2 small garlic cloves        | cayenne pepper or dried ground |
| 3-4 teaspoons chili powder   | chili peppers                  |

Lightly brown salted hamburger in an iron pot. Drain off grease and add chopped onions and finely chopped or pressed garlic. Add kidney beans and tomatoes with about a cup of water. Stir in the chili powder, cumin and a couple of healthy pinches each of oregano and thyme. Add cayenne pepper or chilis to taste. (Be careful with "hots." Too many will destroy the flavors of the other ingredients. One to 1 1/2 teaspoons is quite sufficient.) Cover, set on a low heat and cook for 3 hours. More water may be added if you like yours "soupy." The chili should be stirred frequently to blend the flavors. Makes about 6 bowls. Serve with tostados (tortilla chips) or saltines and cold beer.

**LASAGNE**

Mrs. Charles H. Fox (Bekah)

- |                         |                           |
|-------------------------|---------------------------|
| 1 pound hamburger       | 1 cup water               |
| 1 can tomatoes          | 1 teaspoon salt           |
| 1 can tomato paste      | 1/2 teaspoon pepper       |
| 1 can tomato sauce      | 1 teaspoon oregano        |
| 1 medium onion, chopped | 1 teaspoon minced parsley |

Brown hamburger and onions, pouring off excess grease. Add remaining ingredients and simmer at least 1 hour.

Boil 9 to 12 lasagne noodles according to directions. In a rectangular casserole dish, layer the following ingredients as many times as necessary: noodles, cottage cheese (one small carton), Parmesan cheese (small can), sauce, Mozzarella cheese (one package). You will probably have 3 or 4 layers. Bake at 350° for 25 minutes. Serves 4 or more.

Mrs. E. Lindsay Reed, II  
(Virginia)**SPAGHETTI SAUCE**

- |   |                         |
|---|-------------------------|
| 1 cup chopped onion                       | 1/4 cup parsley         |
| 1 pound ground beef                       | 1 teaspoon salt         |
| 1 clove garlic                            | 1 1/2 teaspoons oregano |
| 1 large can tomatoes cut up in<br>blender | 1/4 teaspoon thyme      |
| 1 6 ounce can tomato paste                | 1/2 teaspoon pepper     |
| 1 8 ounce can tomato sauce                | 1 bay leaf              |

Cook onion, meat and garlic until tender and meat is brown. Skim off fat. Add remaining ingredients and 2 cups of water. Simmer uncovered 3 hours until sauce is thick. Remove bay leaf. Serve over spaghetti.

Mrs. Nathaniel W. Smith (Nanci)



## LASAGNA

Saute 2 onions — cut fine — and 1 clove of garlic — cut fine — in 3/4 cup of olive oil. Brown 5 pounds of hamburger and add the following:

onion mixture	3 tablespoons parsley
1 no. 2 1/2 can tomatoes	3 tablespoons Parmesan cheese
1 small can tomato paste	

Simmer above for three hours. Cook lasagna noodles (6 per 8 x 12 pan), 3 to a layer. Start with the first layer in the casserole of meat sauce; then noodles; then a layer of cottage cheese, a layer of Mozzarella cheese, a layer of Parmesan cheese; then repeat and end with a layer of meat sauce. Bake at 325° for 45 minutes. Sauce is enough for two casseroles.

Mrs. Forrest Matthews, Jr.  
(Gerry)

## ITALIAN SPAGHETTI SAUCE

1/2 cup thin onion slices	1/4 cup chopped parsley
2 tablespoons olive oil	1 1/2 teaspoons oregano
1 pound ground beef	1 teaspoon salt
1/2 teaspoon garlic powder	1/2 teaspoon m.s.g.
2 one-pound cans tomatoes	1/4 teaspoon thyme
2 cans tomato sauce	dash pepper
1 can tomato paste	1 bay leaf
1 cup red wine	1 cup water

(One 3-ounce can of sliced mushrooms may be added with ground beef.) Cook onion in hot oil until almost tender but not brown. Add beef and garlic; brown lightly. Add mushrooms (with liquid); stir in remaining ingredients. Simmer uncovered 2 to 2 1/2 hours. Remove bay leaf. This can be "cooked down" to make as thick a sauce as you prefer. It is enough for 2 meals for 4. Freezes well.

Mrs. Hunter P. Tapscott (Nancy)

## EASY STROGANOFF

1 1/2 pounds beef cut in finger lengths (sirloin tip good)	1 tablespoon Worcestershire sauce
1 clove garlic	1/2 pint sour cream
1/2 teaspoon salt	few dashes soy sauce and
1/8 teaspoon pepper	Tabasco sauce
1 can mushroom soup plus	boiled noodles
1/2 can water	grated Parmesan cheese
	1 small can mushroom pieces

Brown meat in shortening or bacon drippings in an iron skillet — adding garlic and stirring often. Meat must be very brown before adding salt, pepper, mushroom soup, water, mushroom pieces and Worcestershire sauce. Stir well; cover and cook slowly until meat is just tender. Then add sour cream. Heat and served over boiled noodles. Sprinkle with grated Parmesan.

Mrs. Forrest Matthews, Jr.  
(Gerry)

**BEEF STROGANOFF**

2 pounds round steak  
 3 small onions  
 2 tablespoons tomato paste  
 1 1/2 cups beef consomme  
 1 carton sour cream

1 large can mushrooms  
 2 tablespoons soy sauce  
 1/2 cup red wine (claret)  
 flour  
 salt and pepper

Cut beef into little pieces. Flour, salt and pepper the beef. Saute onions and add meat and brown. Add tomato paste, bouillon and soy sauce. Simmer until meat is tender (at least one hour), stirring occasionally to keep from sticking. Just before serving, add sour cream, mushrooms and wine. Stir until thoroughly heated. Serve over rice or noodles. Serves six generously.

Mrs. E. Lindsay Reed, II  
 (Virginia)

**TOSTADAS**

Cook the meat mixture and then set it out with the other garnishes. Let the people make their own dinners by starting with Fritos and piling on the other things.

Brown 1 pound of ground beef. Add 1 clove of garlic, 1 onion finely chopped and a small can of tomatoes with chiles (found in the Mexican food department).

Garnishes: grated Cheddar cheese, chopped onion, chopped lettuce, refried beans, tomatoes with chiles, chopped tomatoes, chopped olives (green and/or ripe), guacamole, sour cream, enchalada sauce.

Mrs. Susan Brooks

**SWEET AND SOUR BEEF**

2 pounds round steak, cut into strips  
 3 tablespoons melted butter  
 1 1/2 cups water  
 1 1/2 cups pineapple juice (if not enough juice, add water to make 1 1/2 cups)  
 3/8 cup white vinegar  
 1/4 cup plus 2 tablespoons soy sauce  
 4 1/2 tablespoons Worcestershire sauce

1/4 cup plus 2 tablespoons sugar  
 2 tablespoons plus 1 teaspoon cornstarch  
 2 tablespoons cold water  
 1 can (1 pound, 14 ounces) pineapple chunks, drained  
 1 large green pepper, cut in pieces  
 1 large tomato, cut in wedges  
 1 medium onion, thinly sliced

Brown meat in butter. Add water, pineapple juice, vinegar, soy sauce, Worcestershire sauce and sugar. Reduce heat and simmer 1-1 1/2 hours or until the meat is fork tender. Mix cornstarch and 2 tablespoons of water to form a paste; blend into meat and sauce. Stir constantly until thickened. Add fruit and vegetables and cook 2 minutes uncovered. Spoon over rice or chow mein noodles. Serves 6-8.

Mrs. James H. Johnson, Jr.  
 (Cece)

## MARINADE FOR FLANK STEAK

3/4 cup soy sauce	1 green onion, chopped fine
1/4 cup honey	1/2 teaspoon ginger
1/4 cup vinegar	1/4 teaspoon garlic powder
1/4 cup oil	

Mix all together. Marinate 1-2 steaks overnight. Barbecue over hot coals for about 5 minutes per side. Slice thinly on the diagonal to serve.

Mrs. Walter Ellis (Rosemary)

## LINDA'S STEAK BAKE

1 1/2 pounds sirloin steak, cut into strips	1 1-pound can tomatoes
1/3 cup flour	4 ounce can mushroom stems and pieces, drained
1 teaspoon salt	3 tablespoons molasses
1/4 teaspoon pepper	3 tablespoons soy sauce
1 onion, sliced	10 ounce package frozen French-cut green beans thawed and drained
1 bell pepper, sliced	

Sprinkle meat with flour, salt and pepper. Toss to coat meat. Bake uncovered at 400° for 20 minutes. Add onion, bell pepper, tomatoes, mushrooms, molasses and soy sauce. Mix well. Cover and bake at 400° for 30 minutes. Stir in beans and cook for 15 more minutes. Serves 6-8.

Mrs. W. E. Bellamy (Joan)

## MEAT MARINADE

1/4 cup soy sauce  
1/4 cup Worcestershire sauce  
juice of 1/2 lemon

Let meat soak in marinade at least one-half day.

Mrs. Ronald R. Johnson (Sally)

## CHARCOALED POOR MAN'S STEAK

7 bone chuck roast 1 1/2 to 2 inches thick; tenderize with Adolph's unseasoned  
3 cloves of garlic  
2 tablespoons butter  
2 tablespoons lemon juice

Pierce one side of the meat in three places. Stuff clove of garlic in each — well below surface. Melt butter (more if desired) and add lemon juice. Baste both sides. Charcoal 1/2 hour each side at medium height first side and low for rare on second side. Left over basting sauce can be used on cooked side after turning. For added flavor, score meat lengthwise about 3 inches apart and stuff slots with blue cheese.

George Margeson



**SWEET-SOUR PORK**

Allow 1/4 pound of pork steak per person. This will serve 4 people. Remove pork from refrigerator 1 hour before cooking. Pound with the flat side of a wide knife to tenderize meat. Marinate not more than thirty minutes in 1/2 teaspoon of salt, 1 teaspoon of dry sherry and a few grains of black pepper. Cut pork into cubes; dip in batter and fry in deep oil at least 1 1/4 inches thick at a moderately high temperature until cubes are golden brown. Remove meat; drain and cool. This amount will require two fryings in a large pan. (At this stage the pork bits may be kept in the refrigerator 2 or 3 days or may be frozen.) The cubes will be fried again just before serving.

**Batter**

1/2 cup flour  
1/4 cup cornstarch  
1/2 teaspoon baking powder

Blend the above ingredients together.

1 tablespoon beaten egg  
1/2 cup - less 1 tablespoon water  
1 teaspoon cooking oil

Blend these and combine with other three ingredients. Dip the cubes in the batter and drop individually into hot fat. Prepare sweet-sour sauce. Just before serving, return pork bits to the hot fat for a few minutes until they are thoroughly heated and crisp.

**Sweet-Sour Sauce**

1/2 cup carrots, cut in 1 inch chunks  
1 medium sized bell pepper, cut in 1 inch squares  
1/2 cup pineapple chunks (or more, up to 1 cup)

Parboil carrots until tender-crisp — one or two minutes. Add pepper just to blanch; chill vegetables thoroughly with cold water. Vegetables may now be refrigerated 24 hours if tightly covered.

3/4 cup sugar	1 tablespoon soy sauce
1/3 cup catsup	1/4 teaspoon salt

Blend and simmer. Combine the following 3 ingredients and add to the above simmered mixture:

2/3 cup white vinegar  
3 1/2 tablespoons cornstarch  
1/3 cup water

Blend. Cook over low heat, stirring constantly until thick enough to cling to pork bits, not run to the bottom. Remove from the heat; add 1 tablespoon of hot fat from the frying pan. Blend in. Add prepared carrots, pepper squares and pineapple. Serve over hot pork bits with rice. Serve IMMEDIATELY.

Mrs. Douglas A. Cotter  
(Rosalyn)

## STUFFED SHOULDER OF LAMB

3 tablespoons butter  
1 cup diced mushrooms  
1 clove garlic, chopped  
1/2 pound chopped ham  
1 tablespoon chopped parsley  
1/4 cup chopped onion  
grated rind of 1 lemon

1/4 cup fresh bread crumbs  
(rye bread is best)  
2 eggs lightly beaten  
1 boned shoulder of lamb ready  
for stuffing  
salt and pepper

In a large frying pan, melt butter; add mushrooms and saute. Add the remaining ingredients, except the lamb. Salt and pepper to taste. Mix well. Stuff the shoulder with the mixture and tie with a string. Place the shoulder on a rack in a roasting pan and roast about forty minutes per pound in an oven preheated to 300°.

Mrs. A. J. Kerauvari (Martha)

## CHINESE PORK TENDERLOINS

10 individual pork tenderloins  
1 cup chicken stock  
1/4 cup soy sauce  
1/4 cup honey  
2 tablespoons sherry

1 tablespoon lemon juice  
1/2 clove garlic, mashed  
1 teaspoon salt  
1 teaspoon cinnamon  
1/4 teaspoon powdered ginger

Combine chicken stock, soy sauce, honey, sherry, lemon juice, garlic, cinnamon, salt and ginger. Marinate the meat for 2 hours in this mixture. Place in shallow roasting pan. Bake at 325° for about 1 1/2 hours. Baste frequently with marinade.

Mrs. Samuel T. Wyrick, III  
(Deborah)

## BARBECUED PORK CHOPS

6 to 8 lean thick pork chops  
2/3 cup water  
1/2 cup catsup  
1/3 cup vinegar

1 teaspoon salt  
1 teaspoon celery salt  
1/2 teaspoon nutmeg  
1 bay leaf

Brown chops. Combine water, catsup, vinegar, salt, celery salt, nutmeg and bay leaf. Pour over pork chops that have been placed in a crockery cook pot. Cover and cook 4-5 hours on high; 8 to 10 hours on low.

If you do not have the crockery cook pot, bake in a moderate oven until the chops are very tender.

Mrs. D. Terry Thomas (Elsie)

## BARBEQUE SAUCE

1 bottle Heinz 57 sauce  
1 bottle Worcestershire sauce  
1 stick butter

1 cup vinegar  
juice of 1 lemon  
1 20 oz. bottle catsup

Heat and let butter melt then add lemon juice. Will keep all summer in a large mayonnaise jar.

Mrs. Garland Radford, Jr. (Lee)

**MARINATED CHICKEN**

1 1/2 cups Wesson Oil  
 3/4 cup soy sauce  
 1/4 cup Worcestershire sauce  
 2 1/2 teaspoons salt  
 1 teaspoon pepper

1/2 cup lemon juice  
 2 tablespoons dry mustard  
 1/2 cup wine vinegar  
 garlic (to suit taste)  
 parsley (to suit taste)

Let skinned chicken marinate for about 6 hours. Cook over coals until done. It may also be covered and cooked in a 350° oven for about 1 1/2 hours. Remove the cover the last half hour.

Mrs. Priscilla Searcy

**BARBECUE CHICKEN**

1/2 cup soy sauce  
 (Kikkoman Soy Sauce)  
 1/3 cup sugar  
 1 teaspoon salt

1/2 teaspoon ginger  
 1/4 teaspoon pepper  
 1 clove garlic, sliced  
 1 chicken, cut up

Mix soy sauce, sugar, salt, ginger, pepper and garlic in a shallow pan or baking dish. Marinate chicken pieces in pan for at least 1 hour. (Preferably longer.) Bake at 350° for about 1 hour. (Excellent marinade for sirloin tip, steaks, flank steaks and spareribs.)

Mrs. Gregory B. Crampton  
 (Martha)

**MINUTE CHICKEN**

1 3-pound chicken, quartered  
 1 tablespoon butter  
 1 tablespoon oil  
 1/2 shallot or small onion chopped  
 1 large ripe tomato, peeled and diced

1/4 pound sliced mushrooms  
 salt, pepper to taste  
 pinch thyme  
 1 bay leaf  
 chopped parsley

Place chicken in skillet. Brown lightly on both sides — using butter and oil. Add onion, tomato, mushrooms, salt, pepper, thyme and the bay leaf. Cover tightly and cook over moderate heat for 30 minutes or until done. Serve with sauce and parsley on top.

Mrs. Vick C. More, II (Susan)

**MAGIC CHICKEN**

(Super easy, fast and delicious!) Sprinkle chicken halves or quarters with salt and lots of black pepper. Broil with the cut side up (skin side down) for about 7 minutes, or until brown. Turn the chicken over and add approximately half an inch of boiling water. (I usually use 1/2 water and 1/2 white wine for real flavor to the pan.) Bake at 500° for half an hour or a little longer. Chicken will be beautifully golden brown and crisp.

Mrs. Ronald R. Johnson (Sally)



## COUNTRY CAPTAIN

Fry chicken. Remove from frying pan. Into drippings put 2 finely chopped onions, 2 finely chopped green peppers and 1 small garlic clove on a toothpick. Cook slowly — stirring constantly. Season to taste with 1 teaspoon of salt, 1/2 teaspoon of pepper, and 2 teaspoons of curry. Add 2 or 3 cans of tomato and 1/2 teaspoon of parsley flakes. Put chicken into a pan; pour the seasoned mixture over it. If it doesn't cover the chicken, rinse out the frying pan with water and add to the chicken. Cook covered about 45 minutes. Add 1/2 cup of currants when done. Serve sauce in small dish and finely chopped toasted almonds in margarine in another. Serve with rice.

Mrs. Joseph R. Nichols (Elizabeth)

## CHICKEN IN SOUR CREAM

1 fryer, cut up  
1/2 pint sour cream  
1 teaspoon salt  
1 tablespoon Worcestershire sauce

1 teaspoon garlic powder  
1 teaspoon celery salt  
1 tablespoon lemon juice

Combine above ingredients and spread over chicken. Roll in corn flake crumbs, dot with butter and bake uncovered at 325° for 1 1/2 hours.

Mrs. Garland Radford, Jr. (Lee)

## CHICKEN ALMOND BAKE

2 cups diced cooked chicken  
2 cans cream of celery soup  
1 small chopped onion

1 cup chopped almonds, toasted slightly  
1 can Chow Mein noodles

Combine all ingredients except noodles. Add a dash of salt and pepper. Butter a casserole dish and put in alternate layers of chicken mixture then noodles. Make two layers of each. Bake at 350° for 20 minutes. Serves 4.

Mrs. John B. Parker (Sarah)

## CHICKEN AND SPAGHETTI

1 large fat hen  
1 cup celery, chopped  
1 green pepper, chopped  
2 buttons garlic, chopped  
1/2 cup flour

1 can tomato soup  
1 can mushroom soup  
1 pound spaghetti  
salt and pepper to taste

Cover chicken with water and cook until tender. In fat skimmed from chicken, fry celery, garlic and green pepper about 10 minutes. Add flour alternately with 4 cups of chicken broth. Add soup and cook slowly for an hour. Add chunks of chicken and allow to stand overnight. Skim fat from top. Heat and serve over spaghetti noodles.

Mrs. John Tate Lanning (Michael)



**BAKED CHICKEN BREASTS SUPREME**

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 6 chicken breasts (boned and split) | 1/2 teaspoon garlic powder       |
| 2 cups sour cream                   | 4 teaspoons salt                 |
| 1/4 cup lemon juice                 | 1/2 teaspoon pepper              |
| 4 teaspoons Worcestershire sauce    | 1 3/4 cups packaged bread crumbs |
| 4 teaspoons celery salt             | 1/2 cup butter                   |
| 2 teaspoons paprika                 | 1/2 cup Crisco                   |

In large bowl combine sour cream, lemon juice, Worcestershire sauce, celery salt, paprika, garlic, salt and pepper. Add chicken to sour cream mixture, coating each piece well. Cover and let stand overnight in refrigerator. Next day preheat oven to 350°. Remove chicken-sour cream mixture and roll in packaged bread crumbs. Coat evenly and arrange in pan. Melt butter and shortening and spoon 1/2 over the chicken. Bake uncovered 45 minutes. Then pour the rest of the butter over it. Bake 10-15 minutes more. Serves 12.

Mrs. John W. Rutherford (Bobbie)

**CRAB CASSEROLE**

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1 pound crab meat, cooked or canned | juice of 2 lemons                 |
| 1/4 pound butter, melted            | 3 shakes Worcestershire sauce     |
| 2 eggs                              | 1 1/2 teaspoons seafood seasoning |
| 1/4 teaspoon dry mustard            | (Old Bay, etc.)                   |
| 1 stack Ritz crackers               |                                   |

Grease 6 individual or 1 1/2 quart casserole. Beat eggs slightly; add seasoning, lemon juice, crab, butter and one-half of the crackers crushed. Put into casserole. Crush remaining crackers. Sprinkle over the top. Bake at 350° for 20 minutes.

Jim Johnson

**CHICKEN CRAB MEAT ROSEMARY**

- |                             |                             |
|-----------------------------|-----------------------------|
| 2 tablespoons chopped onion | 2 cups chicken broth        |
| 1/2 cup butter              | 2 cups sour cream           |
| 7 tablespoons flour         | 3 cups cooked chicken       |
| 1 teaspoon salt             | 1 cup cooked crab meat      |
| 1 teaspoon ground rosemary  | 1 1/2 cups avocado cubes    |
| 1 teaspoon paprika          | sprinkled with 1 tablespoon |
|                             | lemon juice                 |

Saute onion in butter. Stir in flour, salt, ground rosemary, and paprika. Cook over low heat until bubbly; add broth and stir constantly until sauce comes to a boil. Remove from heat and add sour cream, cooked chicken, and crab meat to sauce. Blend avocado into chicken mixture. Turn into 2 quart baking dish. Cover top evenly with 1 cup of fresh coarse bread crumbs that have been toasted. Bake at 350° for 30 minutes. Garnish with watercress and serve immediately.

Mrs. Charles H. Rogers (Judy)

## CREPES WITH CHICKEN FILLING

Crepes

(Use any crepe recipe. May be made and frozen.)

### Chicken Filling

2 cups chopped, cooked chicken  
or turkey

1 tablespoon chopped fresh parsley

1 teaspoon grated onion

1/2 cup light cream

1 egg yolk

1/2 cup shredded Swiss and Parmesan  
cheese, mixed

3 cups medium cream sauce

using chicken broth instead of  
milk

large pinch ground sage

3 strips bacon, cooked crisp, then  
crumbled

In a saucepan simmer chicken, parsley, and onion in cream for 10 minutes. Combine egg yolk with half of the cream sauce; add sage, then add to chicken mixture. Cook over low heat a few minutes until mixture is thickened a little more; then stir in bacon and half of the cheese.

Spread a generous tablespoon of the filling down the center of each crepe. Roll up, leaving ends open and place seam down in a buttered baking dish. Stir in a tablespoon or two of the cream to the remaining sauce to thin it slightly and pour over crepes. Sprinkle with remaining cheese. Bake at 350° for 20 minutes or until golden brown. Yields 8 servings and fills 14 to 16 crepes.

### Medium White Sauce

4 tablespoons butter

4 tablespoons all-purpose flour

1/2 teaspoon salt

1/4 teaspoon white pepper

2 cups chicken broth

Melt butter and gradually add flour. Cook over low heat, stirring constantly until it is foaming. Gradually add chicken broth and cook mixture — stirring until it is thick and smooth. Add salt and pepper. Simmer 5 minutes.

Mrs. Norwood B. Starling (Mary)

## CRABMEAT IMPERIAL



1 cup mayonnaise

1 small green pepper, finely chopped

2 pimientos, finely diced

1 tablespoon English mustard

1/2 teaspoon salt

1/2 teaspoon white pepper

2 whole eggs

3 pounds lump crabmeat

Mix pepper and pimientos; add mustard, salt, white pepper, eggs and mayonnaise; mix well. Add crabmeat and mix with fingers so the lumps are not broken. Divide the mixture into light crab shells or casseroles, heaping it in lightly. Top with a little coating of mayonnaise and sprinkle with a little paprika. Bake at 350° for 15 minutes.

Mrs. Roger I. Wall (Phyllis)



**CRABMEAT LORENZO**

1 large cake Philadelphia cream  
cheese  
1/2 pint sour cream  
juice of 1 lemon  
1/2 pint mushrooms

1 pound crabmeat  
salt  
Lea & Perrins Worcestershire  
sauce  
Tabasco sauce  
paprika

Soften cheese; add sour cream, lemon juice, salt, Lea & Perrins, Tabasco sauce and mushrooms — then crabmeat. Heat slowly in a double boiler. Serve on Holland Rusk with paprika sprinkled on top.

Mrs. William H. Buchanan  
(Barbara)

**SEAFOOD DELIGHT**

1 1/2 to 2 pounds thawed or fresh flounder fillets  
1 can Snow's clam chowder

Arrange fish in a buttered 8 x 12 inch glass baking dish. Spread chowder (as it comes from can) over fish. Sprinkle paprika over. Bake 30 minutes at 400°. This is good with baked potatoes.

Mrs. George L. Margeson  
(Phyllis)

**SEAFOOD SUPREME**

1 pound cooked shrimp  
1/2 pound crab  
2 cooked lobster tails, cut up  
1 8 ounce jar whole mushrooms  
salt and pepper to taste

medium white sauce (made with  
2 cups milk, 1 tablespoon  
butter, 1 tablespoon flour)  
1/2 cup sherry  
dash tabasco

Combine all of the above ingredients. Pour into a buttered casserole. Top with about 1/2 cup of crushed crackers. Dot with butter and sprinkle well with Parmesan cheese. Bake about 30 minutes at 400° or until bubbly and crusty on top.

Mrs. Allen B. Jones (Sarah)

**LUCILLE LEE'S SHRIMP CASSEROLE**

1 cup green peppers, chopped  
1 cup celery, chopped  
1/2 cup onions, chopped  
1 cup minute rice

1 tablespoon Worcestershire sauce  
1 can mushrooms  
1 pound sharp Cheddar, grated  
(save some for topping)  
1 pound shrimp

Cook together peppers, celery and onions. Cook rice. Combine other ingredients. Combine all ingredients in a baking dish. Sprinkle with slivered almonds and top with the rest of the grated cheese. Cook at 325° until brown.

Mrs. Gilbert S. Taylor (Margaret)

## KATHLEEN'S BAKED STUFFED REDFISH

- |   |   |
|---|---|
| 1 large or 2 small redfish, cleaned<br>and gutted with pocket extending<br>to backbone for the stuffing | 2 tablespoons finely chopped<br>parsley |
| 1/2 cup minced onions   | 1 stick margarine                       |
| 1/4 cup minced shallots or green onions   | 1 tablespoon flour                      |
| 3/4 cup minced celery   | 1/2 cup milk                            |
| 1 1/2 cloves garlic, minced   | 1/2 cup white dry wine                  |
|   | 1/2 cup bread crumbs                    |
|   | 1/2 pound peeled boiled shrimp          |

Saute onion, shallots, celery, garlic, parsley in margarine. Add flour and blend in well. Gradually stir in milk and wine – cooking until thickened. Add shrimp and thicken further with bread crumbs. Season to taste.

Fill the redfish with stuffing. Bake covered at 350° for 20 minutes and then uncover and bake for 20 more minutes, basting with some wine. Cook until fish flakes easily.

Mrs. William E. Bellamy (Joan)

## CAROLINA SHRIMP IN WINE SAUCE

- |                          |                                     |
|--------------------------|-------------------------------------|
| 1 pound fresh shrimp     | 1 cup chicken bouillon              |
| 3/4 cup chopped onions   | 1/2 cup sour cream                  |
| 3/4 cup sliced mushrooms | 1/4 cup dry white wine              |
| 1/4 cup melted butter    | rice, toast points, or patty shells |
| 3 tablespoons flour      |                                     |

Saute onions and mushrooms in butter until tender. Blend in flour. Add chicken bouillon gradually and cook until thick, stirring constantly. Add sour cream, wine and raw shrimp. Heat thoroughly. Serve over rice, toast points or patty shells.

Mrs. Thomas G. Fisher (Carole)

## ORIGINAL NEW ORLEANS SHRIMP CREOLE

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| 2 ribs celery, chopped              | 2 cans tomato sauce             |
| 1 onion, chopped                    | salt and pepper to taste        |
| 1/2 bell pepper, chopped            | 1 can tomato paste              |
| 3 toes garlic, chopped              | 2 tablespoons flour             |
| about 4 slices fresh lemon          | 1 teaspoon Worcestershire sauce |
| 3-4 pounds shrimp (depends on size) | pinch of thyme, parsley         |
| 1 teaspoon sugar                    | 1 bay leaf                      |

Brown vegetables in skillet with oil and 2 tablespoons of flour. Add Worcestershire sauce, tomato sauce, tomato paste, parsley, thyme and bay leaf. Then add sugar and lemon slices. Cook 1 1/2 to 2 hours on a slow fire. Add shrimp. Cook 1/2 hour to 45 minutes or until shrimp are pink. Do not overcook as shrimp will be tough. Serve over fluffy rice with hot bread and green salad.

Mrs. James H. Hartwell (Mary)  
From My Grandmother,  
Mrs. Sara Tierney  
New Orleans, La.

**SHRIMP MOLD**

2 cans or 1 pound shrimp, boiled and deveined  
 1 cup celery, chopped  
 1/3 cup chopped onions  
 1 large package cream cheese

1 cup mayonnaise  
 1 can tomato soup  
 2 envelopes Knox gelatin soaked in 1/2 cup cold water

Heat soup and add gelatin, stirring until dissolved. Soften cheese with mayonnaise. Add to soup; then add remaining ingredients. Flavor with lemon juice and salt to taste. Place in mold until congealed. This is good served as an hors d'oeuvre with crackers or as a luncheon entre.

Mrs. E. Lindsay Reed, II  
 (Virginia)

**SHRIMP STEW A LA CREOLE**

1 tablespoon butter  
 2 1/2 cups diced tomatoes  
 1 large chopped onion  
 2 bay leaves  
 4 stalks chopped celery  
 1 chopped sweet pepper

1 clove garlic, minced  
 1/4 teaspoon thyme  
 dash cayenne pepper  
 3 pounds shrimp  
 salt and pepper  
 1 tablespoon chopped parsley



Boil shrimp and remove the shells. Melt butter in saucepan; add onion and brown. Add tomatoes and the juice; cook for 5 minutes, stirring thoroughly. Add all other ingredients, except shrimp. Cook 20 minutes; then add shrimp. Cook about 5 minutes and serve over steamed rice. Add chopped parsley when you add shrimp.

Mrs. Roger I Wall (Phyllis)

**SEA FOOD BAKE**

1 cup chopped celery  
 1 cup chopped onion  
 1 cup chopped green pepper  
 1 cup crab meat (6 ounces frozen)  
 8 ounces cooked shrimp and/or lobster

1 cup mayonnaise  
 1/4 cup milk  
 1 tablespoon Worcestershire  
 2 or 3 tablespoons dry sherry  
 salt and pepper to taste

Saute celery, onion and green pepper in a little margarine. Drain shrimp and crab and/or lobster and mix with sauteed ingredients. Place in a baking dish. Top with Pepperidge Farm Herb Stuffing. Bake at 350° for 30 minutes.

Mrs. Douglas A. Cotter  
 (Rosalyn)





# Vegetables and Fruits



"The earth bringeth forth fruit of  
herself..."

—MARK 4:28



**ASPARAGUS-MUSHROOM PIE**

1 frozen pie shell  
 1 3 ounce can sliced broiled mushrooms  
 1 cup sour cream  
 dash pepper  
 1/2 teaspoon salt  
 1/4 teaspoon marjoram

2 eggs, well beaten  
 3/4 cup cooked fresh asparagus  
 or 1 8-ounce can asparagus,  
 drained  
 1/4 cup grated Parmesan cheese  
 2 tablespoons chopped green  
 onions

Drain mushrooms. Reserve broth. Blend mushroom broth, sour cream, salt, pepper, marjoram into well beaten eggs. Arrange mushrooms, asparagus, and green onions in pie shell. Pour egg mixture over the vegetables. Sprinkle with cheese and bake in a preheated 350° oven for 35 minutes. Let stand 10 minutes before serving. Serves 6.

Mrs. William E. Bellamy (Joan)

**LEBANESE BEANS AND RICE****Preparation of Beans**

1 medium onion, finely diced  
 2 tablespoons margarine  
 1/2 pound beef, cubed  
 1 package frozen lima beans  
 (string beans, green peas or okra)  
 1 cup water

1 1-pound can whole tomatoes  
 2 tablespoons flour  
 1/4 teaspoon cinnamon  
 1/4 teaspoon allspice  
 salt, pepper  
 1 teaspoon sugar

Saute chopped onion in margarine until color changes. Add cubed beef. Brown the beef on all sides. Add tomatoes that have been mixed well in a blender with the flour and 1 cup of water. Season to taste. Add the frozen lima beans and sugar after the sauce has cooked for a few minutes. Cook over medium heat until the beans are done. Stir occasionally. Note: If you use okra, add 1 tablespoon of lemon juice.

**Preparation of Rice**

1/2 stick margarine  
 2 tablespoons thin egg noodles  
 1 cup long grain rice  
 1 teaspoon salt

Melt margarine and add noodles. Saute noodles until golden brown. Rinse the rice in hot water. Pour off all of the water. Add rice to margarine and noodles. Stir together for one minute. Add 2 cups of hot water and salt. When mixture comes to a boil, reduce heat to low and cover pot. Stir one time. Cook until done. Remove cover and simmer a few minutes. This is a traditional Lebanese dish. When served, the individual spoons the beans over his portion of the rice.

Mrs. Richard Saleeby (Doris)

## SOUTHERN BAKED BEANS

2 1-ound cans pork and beans in tomato sauce  
1/2 cup chopped onion  
1/2 cup chopped or sliced green pepper  
1 cup catsup  
1 teaspoon dry mustard

1 teaspoon Worcestershire sauce  
1/2 cup brown sugar  
6 slices bacon, chopped or whole, cooked slightly  
2 fresh tomatoes  
1/4 cup brandy, optional

Mix together the first 6 ingredients; pour into a buttered baking dish. Sprinkle brown sugar on top. Top with alternate layers of tomatoe slices and bacon. Bake in a 375° oven for 35 minutes. Pour brandy over and continue baking for 30 minutes. Serves 8 to 10.

Mrs. R. Clark Dillon (Linda)

## BROCCOLI-CARROT CASSEROLE

3/4 cup Pepperidge Farm stuffing mix  
1 10-ounce box frozen chopped broccoli  
1 can cream of chicken soup or celery soup  
1/2 cup sour cream

1/4 cup raw carrots, grated  
1 tablespoon grated onion  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 tablespoons margarine  
1 tablespoon flour

Cook and drain broccoli. Blend soup, flour, sour cream, carrots, onion; stir in drained broccoli. Add 1 beaten egg and blend well. Turn into a casserole with melted butter in the bottom and top with crumbs. Cook at 350° until set – approximately 30 minutes. Note: This can be made the day before and put into the refrigerator uncooked. Delicious!  
4 large servings

Mrs. Kroghie Andresen (Ross)

## BROCCOLI CASSEROLE

3 10-ounce boxes frozen, chopped broccoli, cooked and drained  
1 can cream of mushroom soup  
1 cup mayonnaise

2 small onions  
1 cup grated sharp Cheddar cheese  
2 eggs, beaten

Combine above and put in a casserole. Sprinkle Pepperidge Farm stuffing on top. Bake uncovered 45 minutes at 350°.

Mrs. Douglas Cotter (Rosalyn)  
Mrs. William Edwards (Sandy)  
Mrs. Stephen Farrar (Colleen)  
Mrs. Tate Lanning (Michael)

### Variation

Add 1/2 can of milk into mixture before adding stuffing.

Mrs. H. Emerson Atkinson  
(Charlotte)



## A QUICK BAKED BEAN DISH

Stud a small onion with a few cloves depending on the quantity of beans.  
 Into 1 can of pork and beans mix:

catsup to taste  
 1 tablespoon brown sugar

mustard to taste  
 1 tablespoon molasses

Put onion in the center and bake in a moderate oven until bubbly. This is a dish you must taste as you put together as mustard, catsup, etc. depends on personal taste and how many you are serving.

Mrs. Hunter Tapscott (Nancy)

## PEANUT BROCCOLI CASSEROLE

2 10-ounce packages frozen chopped  
 broccoli cooked and drained  
 1 can cream of chicken soup  
 2 tablespoons lemon juice

1 cup chopped peanuts, salted  
 1/4 cup mayonnaise  
 1/4 cup chopped onion  
 2 eggs beaten  
 1 cup sharp Cheddar cheese

Mix all of the ingredients together except cheese. Pour into a 2 quart casserole then sprinkle with cheese. Bake at 350° for 30 minutes.

Mrs. Robert Greene (Jo)

## MARINATED CARROTS

2 pounds carrots sliced into thin chips  
 1 onion, finely diced (medium size)  
 1 green pepper, finely diced  
 1 can tomato soup  
 1 cup sugar

3/4 cup redwine vinegar  
 1/2 cup oil  
 1 teaspoon Worcestershire sauce  
 1 teaspoon ground mustard  
 1 teaspoon salt

Boil carrots until just tender. Drain. Combine with onion and pepper. Combine all of the other ingredients and mix well. Pour over carrots and refrigerate overnight. Keeps well for several days. Good dish for covered dish dinners. A small jar of pickled onions may be used instead of diced onion.

Mrs. Stephen Farrar (Colleen)  
 Mrs. D. Terry Thomas (Elsie)  
 Mrs. James Johnson (Cece)

## FRIED CUCUMBERS

4 medium size cucumbers  
 1 egg  
 1 cup milk

1/2 teaspoon salt  
 1 cup flour

are cucumbers. Cut crosswise into thin slices. Beat egg slightly. Stir in milk and salt; mix with flour, stirring until smooth. Dip cucumber slices into the batter. Brown quickly on both sides in deep hot fat. Drain on paper towels. Serve hot. Serves 8.

Mrs. Robert Emmanuel (Sarah)

## CORN CHOWDER

2 cups grated carrots  
1 cup boiling water  
1 quart milk  
1 16-ounce can cream style corn  
3 cans pimientoes, minced

2 tablespoons butter  
2 tablespoons flour  
1 1/2 teaspoons salt  
1/8 teaspoon white pepper  
2 tablespoons minced onion

In a medium sauce pan simmer carrots and water, covered, for 5 minutes. Add 3 cups of milk, corn and pimientoes. Keep warm. In a frying pan, melt butter, add onion and cook gently until soft. Stir in the flour, salt and pepper. Take off of the heat and add the remaining milk — 1 cup, stirring until thickened. Gradually stir in carrot mixture. Makes 6 servings.

Mrs. Robert Greene (Jo)

## DIFFERENT FROZEN PEAS

1 package petite peas, frozen  
1 small onion  
1 stalk celery

2 tablespoons butter or  
margarine  
lettuce leaves

Line heavy saucepan with outside lettuce leaves, covering bottom and sides of pan. Place frozen peas in lettuce leaves; top with onion, celery and butter. Salt and pepper to taste. Place more lettuce leaves over the top. Add 2 tablespoons of water and cover tightly. Cook over low heat for about 30 minutes.

Mrs. Arthur J. Morris (Ada)

## EGGPLANT CASSEROLE

1 medium eggplant  
1 can mushroom soup, undiluted  
1 beaten egg

1/2 cup grated cheese (optional)  
1 tablespoon margarine  
2 tablespoons almonds, broken up

Peel, cube and cook eggplant in a small amount of water. Drain. Mix eggplant with all of the other ingredients, reserving enough crumbs for the top. Pour into a buttered casserole. Top with crumbs. Bake at 350° for 1/2 hour or until the crumbs are brown.

Mrs. James D. Beckwith (Lib)

## STUFFED MUSHROOMS

Remove the stems from one pound of medium size light mushrooms — about 13. Wipe the mushroom caps with a damp cloth and arrange in a shallow baking dish — hollow side up. Chop the stems — about 1 cup — and mix with 3 tablespoons of chopped parsley, 1/4 cup butter, 1 cup finely chopped walnuts, 1 clove garlic, crushed, 1/4 teaspoon thyme, 1/2 teaspoon salt and pepper. Mix everything together and heap into mushroom cap. Pour 1/3 cup of heavy cream over them and bake at 350° for twenty minutes. Baste once or twice with the cream in the dish.

Mrs. A. Juhani Keravuori  
(Martha)

**A QUICK BAKED BEAN DISH**

Stud a small onion with a few cloves — depending on the quantity of beans. Into 1 can of pork and beans mix:

catsup to taste

1 tablespoon brown sugar

mustard to taste

1 tablespoon molasses

Put onion in the center and bake in a moderate oven until bubbly. This is a dish you must taste as you put together as mustard, catsup, etc. depends on personal taste and how many you are serving.

Mrs. Hunter Tapscott (Nancy)

**PEANUT BROCCOLI CASSEROLE**

2 10-ounce packages frozen chopped  
broccoli cooked and drained

1 can cream of chicken soup

2 tablespoons lemon juice

1 cup chopped peanuts, salted

1/4 cup mayonnaise

1/4 cup chopped onion

2 eggs beaten

1 cup sharp Cheddar cheese

Mix all of the ingredients together except cheese. Pour into a 2 quart casserole then sprinkle with cheese. Bake at 350° for 30 minutes.

Mrs. Robert Greene (Jo)

**MARINATED CARROTS**

2 pounds carrots sliced into thin chips

1 onion, finely diced (medium size)

1 green pepper, finely diced

1 can tomato soup

1 cup sugar

3/4 cup redwine vinegar

1/2 cup oil

1 teaspoon Worcestershire sauce

1 teaspoon ground mustard

1 teaspoon salt

Boil carrots until just tender. Drain. Combine with onion and pepper. Combine all of the other ingredients and mix well. Pour over carrots and refrigerate overnight. Keeps well for several days. Good dish for covered dish dinners. A small jar of pickled onions may be used instead of diced onion.

Mrs. Stephen Farrar (Colleen)

Mrs. D. Terry Thomas (Elsie)

Mrs. James Johnson (Cece)

**FRIED CUCUMBERS**

4 medium size cucumbers

1 egg

1 cup milk

1/2 teaspoon salt

1 cup flour

Pare cucumbers. Cut crosswise into thin slices. Beat egg slightly. Stir in milk and salt; mix with flour, stirring until smooth. Dip cucumber slices into the batter. Brown quickly on both sides in deep hot fat. Drain on paper towels. Serve hot. Serves 8.

Mrs. Robert Emmanuel (Sarah)



**CORN CHOWDER**

2 cups grated carrots  
1 cup boiling water  
1 quart milk  
1 16-ounce can cream style corn  
3 cans pimientos, minced

2 tablespoons butter  
2 tablespoons flour  
1 1/2 teaspoons salt  
1/8 teaspoon white pepper  
2 tablespoons minced onion

In a medium sauce pan simmer carrots and water, covered, for 5 minutes. Add 3 cups of milk, corn and pimientos. Keep warm. In a frying pan, melt butter, add onion and cook gently until soft. Stir in the flour, salt and pepper. Take off of the heat and add the remaining milk – 1 cup, stirring until thickened. Gradually stir in carrot mixture. Makes 6 servings.

Mrs. Robert Greene (Jo)

**DIFFERENT FROZEN PEAS**

1 package petite peas, frozen  
1 small onion  
1 stalk celery

2 tablespoons butter or  
margarine  
lettuce leaves



Line heavy saucepan with outside lettuce leaves, covering bottom and sides of pan. Place frozen peas in lettuce leaves; top with onion, celery and butter. Salt and pepper to taste. Place more lettuce leaves over the top. Add 2 tablespoons of water and cover tightly. Cook over low heat for about 30 minutes.

Mrs. Arthur J. Morris (Ada)

**EGGPLANT CASSEROLE**

1 medium eggplant  
1 can mushroom soup, undiluted  
1 beaten egg

1/2 cup grated cheese (optional)  
1 tablespoon margarine  
2 tablespoons almonds, broken up

Peel, cube and cook eggplant in a small amount of water. Drain. Mix eggplant with all of the other ingredients, reserving enough crumbs for the top. Pour into a buttered casserole. Top with crumbs. Bake at 350° for 1/2 hour or until the crumbs are brown.

Mrs. James D. Beckwith (Lib)

**STUFFED MUSHROOMS**

Remove the stems from one pound of medium size light mushrooms – about 13. Wipe the mushroom caps with a damp cloth and arrange in a shallow baking dish – hollow side up. Chop the stems – about 1 cup – and mix with 3 tablespoons of chopped parsley, 1/4 cup butter, 1 cup finely chopped walnuts, 1 clove garlic, crushed, 1/4 teaspoon thyme, 1/2 teaspoon salt and pepper. Mix everything together and heap into mushroom cap. Pour 1/3 cup of heavy cream over them and bake at 350° for twenty minutes. Baste once or twice with the cream in the dish.

Mrs. A. Juhani Keravuori  
(Martha)

**CHEESE MARINATED ONIONS**

3 ounces blue cheese  
 1/2 cup salad oil  
 2 tablespoons lemon juice  
 1 teaspoon salt

1/2 teaspoon sugar  
 dash pepper  
 4 medium onions cut in rings

Mix all of the above ingredients except the onions. Pour over the onions and refrigerate 3-4 hours.

Mrs. Walter Ellis (Rosemary)

**POTATOES SUPREME**

6 medium potatoes, peeled  
 1/2 cup butter or margarine, melted  
 2 cups shredded Cheddar cheese  
 1/4 teaspoon pepper

1/3 cup chopped green onions  
 (tops also)  
 1 pint sour cream  
 salt

Cook potatoes in a small amount of salted boiling water until tender; drain, refrigerate overnight – covered. Next day, grate potatoes coarsely. Mix with the remaining ingredients and 1/2 teaspoon salt and put into a shallow 1 1/2 quart baking dish and bake at 350° for 30-35 minutes.

Mrs. Charles W. Rogers (Judy)

**PARSLIED RICE WITH MUSHROOMS**

1 bell pepper, chopped  
 3 tablespoons butter  
 1 onion, chopped  
 1 1/2 cups rice, uncooked  
 1 cup parsley, chopped  
 1 3-ounce can sliced mushrooms

2 eggs, well beaten  
 2 cups sharp cheese, grated  
 2 cups milk  
 1 1/2 teaspoons salt  
 dash pepper

Preheat oven to 325°. Saute pepper and onion. Prepare rice according to package directions. Add parsley, mushrooms, bell pepper and onion to the cooked rice. Add milk, eggs, cheese, salt and pepper. Blend together and bake at 325° for 1 hour. Serves 8. Note: This makes an especially good buffet item, and it's pretty too!

Mrs. Robert Emmanuel (Sarah)

**COMPANY RICE**

1 cup raw rice, cooked  
 2 tablespoons butter  
 4 tablespoons chopped onion  
 2 tablespoons chopped green pepper  
 1 4-ounce can mushrooms  
 1 can mushroom soup

1/2 cup evaporated milk  
 1/4 teaspoon dried marjoram  
 1/8 teaspoon dried basil  
 1/8 teaspoon tarragon  
 1/2 teaspoon curry powder  
 1/2 teaspoon salt  
 1/4 teaspoon pepper

Brown onion, green pepper and mushrooms in butter. Add the other ingredients and simmer. Add rice and heat.

Mrs. W. Keith Hobbs (Cindy)

## STUFFED PEPPERS

Cut off top, clean and wash peppers. Boil in salted water until just tender. Use any kind of meat chopped fine (canned beef or ham is best, or you can use hamburger). Use most any kind of vegetables: limas, peas, green beans, corn, tomatoes, diced potatoes and onions – everything chopped fine; fresh bread crumbs, salt, pepper and butter or oleo – all well mixed. Also add a taste of mustard. Fill peppers and put in muffin cups or small baking pan – just so they won't fall over – add a little water to the pan and bake in a moderate oven until brown on top. You can put a little more butter on top or top with shredded cheese when peppers are about done and continue until cheese melts or is browned the way you like. (This is the way my mother always fixed them and she was a "season and taste" cook, but everything was delicious. I advise using the same method in putting the stuffing mix together.)

Mrs. Hunter Tapscott  
(Nancy)

## RICE AND BROCCOLI CASSEROLE

1 onion chopped	1/2 stick butter
1 package frozen chopped broccoli (cooked and drained)	1 can cream mushroom soup
1 cup minute rice	1/4 cup water
	1/2 cup Cheese Whiz
	1/2 cup milk

Saute onion in butter; add rest of the ingredients. Bake uncovered in a greased casserole for 30-40 minutes at 350°.

Mrs. John R. Tropman (Anna)

## OVEN RICE

4 beef bouillon cubes	1/4 cup chopped green pepper
2 1/2 cups boiling water	1/4 cup chopped pimienta
1 minced onion	1 stick butter
1 small can mushrooms	1 cup rice
1/4 cup chopped green pepper	

Mix all together and bake at 350° for 1 hour.

Mrs. Ronald R. Johnson (Sally)

## DELICIOUS SPINACH CASSEROLE

2 packages frozen chopped spinach (cooked and drained)	1/2 cup bread crumbs or cornflake crumbs
1 cup sour cream	grated Cheddar cheese
	1 envelope onion soup mix

Turn into a buttered casserole. Do not salt. Mix crumbs and cheese and sprinkle over the top. Bake in a 350° oven for 25 to 30 minutes.

Mrs. Robert Emanuel (Sarah)



**SQUASH CASSEROLE**

2 pounds summer squash, sliced,  
cooked, drained and mashed  
1 carrot, peeled and grated  
1 onion, grated  
1 stick margarine, melted

1 8-ounce package herb stuffing  
(Pepperidge Farm)  
1/2 cup sour cream  
1 can cream of chicken soup

Cook squash in salted water until tender. Drain well. Mash squash and add to carrots and onion. Add herb stuffing mix to melted butter. Add 1/2 of the buttered crumbs, sour cream and chicken soup to the squash mixture. Turn into a shallow buttered casserole and top with the remaining buttered crumbs. Bake at 350° for 30 minutes. May be frozen.

Mrs. Gregory Crampton (Martha)  
Mrs. R. Mayne Albright (Frances)

**SQUASH CHEESE SOUFFLE**

2 pounds yellow squash  
1 medium onion  
1/2 cup milk  
1 teaspoon salt  
1/4 teaspoon pepper

2 tablespoons melted butter  
2 eggs, slightly beaten  
2 tablespoons sugar  
1/4 pound grated sharp or medium  
sharp Cheddar

Slice and steam squash and onion until tender — using a small amount of water. Drain. Mash onion and squash. Add other ingredients and mix well. Pour into 1 1/2 quart greased casserole and sprinkle with cracker crumbs. Bake 45 minutes at 350° or until set.

Mrs. William E. Bellamy (Joan)  
Mrs. H. Emerson Atkinson (Charlotte)

**MARINATED TOMATOES**

2 tablespoons salad oil  
2 tablespoons vinegar  
1/2 clove garlic

1/2 teaspoon seasoned salt  
1/2 teaspoon thyme, crushed  
6 fresh peeled tomatoes (or  
canned)

Combine oil, vinegar and seasonings thoroughly; pour over tomatoes. Baste with marinade several times. Serve on bed of lettuce, as a garnish or as a vegetable.

Mrs. Linwood C. Savage (Ann)

**BAKED TOMATOES**

4 whole tomatoes  
1/2 cup bread crumbs  
1/4 cup Parmesan cheese

1 teaspoon garlic salt  
1/4 teaspoon pepper  
1/2 cup butter, melted

Cut tomatoes in half, crosswise and place in a baking dish. Combine bread crumbs, cheese, garlic salt, pepper and butter. Put mixture on the tomatoes and bake at 350° for twenty minutes.

Mrs. A. Juhani Keravuori  
(Martha)

## SAM'S TERIYAKI VEGETABLES

1 bag spinach	1/4 pound butter
1 bag bean sprouts	1/2 cup soy sauce
1 large onion, thinly sliced	1 tablespoon vinegar
1 green pepper, thinly sliced	1 teaspoon sugar

Saute onion, pepper and bean sprouts in butter in a large skillet for five minutes. Then add spinach; stir around for a minute or so until just wilted. Add soy sauce, vinegar and sugar in skillet; mix it all together. Lift out with slotted spoon and serve hot. Serves 4.

Mrs. Samuel T. Wyrick, III  
(Deborah)

## STUFFED SQUASH

Steam yellow squash – whole without cutting off stems – in a small amount of water until tender. Put into cold water. Split in half lengthwise and scoop out the pulp. To hot pulp add: bread crumbs or toast crumbs, chopped onion, large piece of butter, salt, pepper and beaten egg. Stuff this mixture into squash. On the top of each put grated cheese, lump of butter and paprika. Put into a pan. Bake at 350° until brown on top. Can add grated cheese or crumbled bacon to mixture, if desired.

Mrs. James D. Beckwith (Lib)

## STRING BEAN CASSEROLE

2 cans French style string beans	1 carton sour cream
1/2 cup butter	toasted bread crumbs
1 cup sharp grated cheese	

Simmer beans for 15 minutes. Mix all of the ingredients well. Place in a greased baking dish. Sprinkle with crumbs and dot with butter. Bake at 350° for 15-20 minutes.

Mrs. James H. Johnson (Cece)

## SWEET POTATO PUDDING

3 sweet potatoes (or 1 medium can)	2/3 cup sugar
1/2 stick butter	pinch of salt
3 eggs, separated	essence of lemon or nutmeg
2 cups milk	1/2 teaspoon vanilla

Boil potatoes. Peel. Mash with butter. Beat egg yolks. Add sugar and salt. Mix all together, reserving egg whites for meringue. Put in a greased pyrex dish. Make meringue of egg white and a small amount of sugar. Put on top. Bake at 350° about 1 hour.

To use as a vegetable, use 1 cup of milk, 2 eggs beaten together and marshmallows on top. Bake.

Mrs. James D. Beckwith (Lib)  
(Jim's mother's recipe)

**VEGETABLE CASSEROLE**

1/4 cup margarine  
 3/4 cup bell pepper, cut in large squares  
 1 clove garlic, crushed

Simmer in pan until pepper is tender. Add:

1/4 cup flour – moisten

Add:

2/3 cup milk	1/8 teaspoon basil
3/4 teaspoon black pepper	3/4 teaspoon salt
1/8 teaspoon oregano	

Stir until thickened. Then add 1/2 cup of grated sharp Cheddar cheese. Stir until melted. Add 1 can of tomatoes drained. Stir until thickened. Pour into a 2 quart casserole and add a 1 pound can of small onions and 1 9-ounce package of frozen corn. Cover with 1/2 cup of grated sharp Cheddar. Bake uncovered in a 350° oven for 50 minutes.

Mrs. Robert Greene (Jo)

**CINNAMON APPLES**

8-12 Jonathan apples  
 2 cups sugar  
 2 cups water

1/2 cup cinnamon drops  
 2-3 drops red food coloring

Pare and core apples. Boil the other ingredients in a skillet – stirring frequently. When all is dissolved, add apples. Cook gently, turning frequently until tender. Test with a toothpick. Remove from syrup; refrigerate when cool. May refrigerate syrup and use again.

Mrs. Samuel T. Wyrick, III  
 (Deborah)

**HOT FRUIT BAKE**

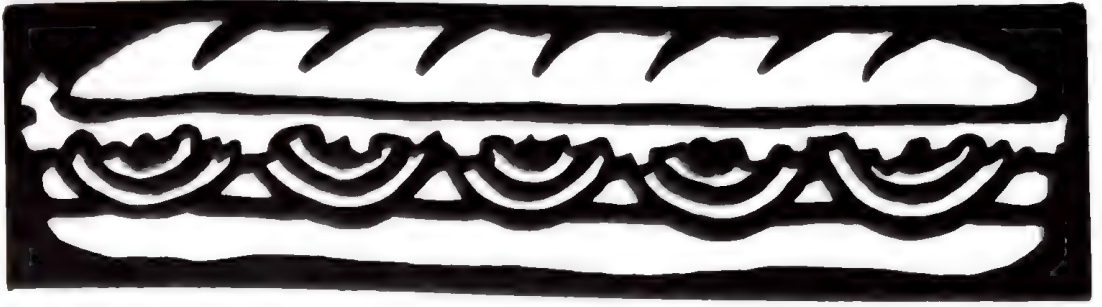
1 17-ounce can apricots  
 1 20-ounce can sliced pineapple  
 1 16-ounce can peach halves  
 1 16-ounce can pear halves  
 1 jar red apple rings

1 stick butter  
 1 cup sherry  
 1/2 cup sugar  
 2 tablespoons cornstarch

Drain each fruit; layer one on top of the other in an oven proof casserole. In a saucepan mix butter, sherry, sugar and cornstarch. Heat until butter is melted and mixture is smooth, stirring constantly. Pour over fruit. Refrigerate overnight. When ready to serve, heat in a 350° oven until hot throughout.

Mrs. Joe Dietzel (Rosalie)





# Lunch and Brunch



"Thy princes eat in the morning."

— ECCLESIASTES 10:16



**BACON-MUSHROOM ROLL-UPS**

**1 large loaf of white bread**  
**1 can mushroom soup**  
**1 pound bacon**

Trim crust from bread and cut into thirds. Cut bacon in thirds and separate. Work in assembly line fashion: on waxed paper place bacon, then place bread on bacon, then generously spread on mushroom soup. Roll each stack and secure with a toothpick. Freeze. Bake at 300° for 1 hour.

Mrs. W. Keith Hobbs (Cindy)

**CHEDDAR CHEESE PIE**

**slices of bread**  
**butter**  
**1/2 pound sharp Cheddar grated**

**2 or 3 eggs**  
**1 cup milk**



Butter a 9 or 10 inch pyrex pie pan well. Cut crusts off bread. Butter bread and crusts and line pie pan, buttered side down, using crusts for sides. Slice or grate cheese and put evenly over the bread. Beat eggs and milk and pour over all. Bake at 350° about 1/2 hour or until bubbly and golden brown. Serve hot with crisp bacon and sliced fresh tomatoes.

Mrs. G. A. Moore, III (Susan)

**CHICKEN BUFFET SOUFFLE**

**1/2 pound sliced mushrooms**  
**9 slices bread, cubed crusts on**  
**4 cups cooked chicken, in bite sized pieces**  
**4 tablespoons butter**  
**8 ounces water chestnuts, sliced**

**2 ounces pimienta**  
**1 cup celery, finely chopped**  
**1/3 cup onion, finely chopped**  
**2 tablespoons lemon juice**  
**1 cup grated Cheddar cheese**  
**1/2 cup Miracle Whip salad dressing**

Saute mushrooms in butter. Put 2/3 of cubed bread into bottom of well-buttered 11 x 14 inch pan. Mix remaining ingredients and spread over bread cubes. Cover with remaining bread cubes and a little more grated cheese. Top with the following sauce:

**2 cups chicken broth**  
**1 can cream of celery soup**  
**4 beaten eggs**

**1 teaspoon salt**  
**1/2 teaspoon pepper**

Place pan in refrigerator overnight. Before baking top souffle with:

**1 can cream of mushroom soup, undiluted**  
**3/4 cup well-buttered bread crumbs**

Let stand at room temperature before baking. Bake 1 1/2 hours at 350°.

Serves 12

Mrs. Samuel T. Wyrick, III  
 (Deborah)

## EASY CHEESE SOUFFLE

4 eggs  
1 cup heavy cream  
3/4 cup grated Cheddar cheese  
3/4 cup grated Parmesan cheese  
2/3 teaspoon salt  
pepper to taste

Preheat oven to 450°. In a bowl beat eggs and cream slightly. Add cheeses, salt and pepper and beat a moment. Pour into buttered individual ramekin (filled only 2/3 full). Bake 25 minutes or until golden and puffy. Serves 4.

Mrs. Donald Coffey, Jr. (Nancy)

## CORNED BEEF SANDWICH SPREAD



1 can corned beef  
1 tablespoon horseradish  
3 tablespoons sour cream  
1 teaspoon Accent (MSG)  
Optional:  
1/2 cup chopped green pepper  
or 1/2 large dill pickle,  
chopped

Chop beef and blend with other ingredients. Yield: 1 pint.

Mrs. Charles H. Rogers (Judy)

## CRAB AND SHERRY IN SHELLS

2 cups crab meat  
2 hard boiled eggs, chopped  
1 teaspoon chopped parsley  
2 teaspoons lemon juice  
1 teaspoon grated onion  
1 cup mayonnaise  
3 tablespoons sherry  
1/2 teaspoon Worcestershire  
sauce  
1/2 teaspoon prepared mustard  
1/2 cup buttered crumbs

Mix all ingredients together, except crumbs. Place in greased shells. Cover with crumbs and bake in 400° oven for 15 minutes. Serves 6.

Mrs. Charles H. Rogers (Judy)

## DAY BEFORE BREAKFAST

6 slices bread  
2 pounds pork sausage  
1 teaspoon prepared mustard  
1 cup (1/4 pound) grated Swiss cheese  
4 eggs, slightly beaten  
1 1/2 cups milk  
3/4 cup half and half  
1/2 teaspoon salt  
dash of pepper  
dash of nutmeg  
1 teaspoon Worcestershire sauce

Trim crust from bread and place in bottom of greased 10x6x1 1/2 inch casserole. Brown sausage. Drain off all excess fat. Stir in mustard. Spoon sausage evenly over bread and place cheese over sausage. Combine remaining ingredients and pour over cheese and sausage. Bake at 350° for 25-30 minutes. This can be made the day before and placed in the refrigerator until time to bake. Serves 6.

Mrs. B. C. Cannon, Jr. (Betty)



**CHICKEN OR TURKEY ALMOND**

4 cups chopped cooked chicken or turkey  
 1 cup celery, chopped fine  
 1/2 cup toasted almonds, chopped fine

1/2 cup pimiento, chopped fine  
 1/4 cup chives, chopped fine  
 lemon juice, salt and pepper to taste

Blend all ingredients well with mayonnaise for right consistency. Yield: 1 quart.

Mrs. Charles H. Rogers (Judy)

**CHICKEN RICE MOLD**

1 can chicken rice soup  
 1 6 1/2 ounce can tuna  
 1 envelope gelatin (1 tablespoon)  
 2 tablespoons cold water  
 1/2 cup chopped celery

2 tablespoons chopped onion  
 1 3-ounce package cream cheese  
 5 tablespoons mayonnaise  
 2 tablespoons sliced stuffed olives

Drain broth from soup, heat and melt cheese into it. Mix gelatin and water. Let stand 5 minutes. Add to heated broth and cheese. Cool, mix in rest of ingredients. Pour into 6 individual molds. Chill.

Mrs. Charles H. Rogers (Judy)

**STUFFED BAKED FRANKS**

1 pound (5 or 6) large frankfurters  
 1/4 cup minced onion  
 1 tablespoon butter  
 2 cups herb-seasoned stuffing mix  
 3/4 cup water

1/4 cup catsup  
 1 tablespoon sweet pickle relish  
 3 slices (3 ounces) sharp process American cheese, cut into strips

Cut franks lengthwise almost to opposite side. Cook onion in butter until tender but not brown. Combine stuffing mix, onion, water, catsup and pickle relish. Mix well. Mound stuffing on top of franks. Place on baking sheet. Cover and chill until serving time. Bake in 400° oven for 10-15 minutes. Top franks with cheese strips; return to oven and heat until cheese melts - about 3 minutes. Serves 5 or 6.

Mrs. Garland Radford, Jr. (Lee)

**DEVILED HAM SPREAD**

1 4 1/2 ounce can deviled ham  
 1/2 cup gherkins, chopped fine  
 2 tablespoons celery, chopped fine, or  
 1/4 cup pimiento, chopped fine  
 3 hard cooked eggs, chopped fine

1/4 to 1/2 cup mayonnaise  
 1 pound softened cream cheese  
 1/4 cup green pepper, chopped fine

Blend all ingredients well. Yield: 1 pint.

Mrs. Charles H. Rogers (Judy)

## TEXAS EGGS

18 eggs  
1/2 stick butter  
1/4 cup milk  
salt and pepper to taste  
2 teaspoons Worcestershire sauce  
1/2 onion, minced  
1 green pepper, minced

1 can mushroom soup, melted but undiluted  
2 tablespoons sherry  
1/2 pound sharp Cheddar cheese, grated  
1 can mushroom caps  
paprika

Scramble eggs with butter, milk, salt, pepper, Worcestershire, onion and green pepper until barely runny. In a large baking dish, make layers of eggs, soup and sherry mixed, and grated cheese. Repeat layers. Top with mushroom caps and paprika. Refrigerate overnight. Bake, covered, at 300° for 50 minutes. Check occasionally for excess liquid in baking dish and draw out with baster if necessary. Serves 8.

Mrs. Samuel T. Wyrick, III  
(Deborah)

## QUICHE LORRAINE

1 pie shell, unbaked  
1/2 pound bacon, fried  
4 eggs  
1 tablespoon flour  
1 1/2 cups half and half  
1/8 teaspoon nutmeg  
2 teaspoons minced onion  
dash of red pepper

2 teaspoons salt  
1/2 teaspoon pepper  
1 teaspoon Worcestershire sauce  
1 tablespoon melted butter  
3/4 pound Swiss cheese, grated  
2 1/2 tablespoons Parmesan cheese, grated

Brush pie shell with egg white and put in oven to glaze at 350° for 5 minutes. Crumble bacon and put on partially baked shell. Combine eggs, flour, half and half, seasonings, Worcestershire and butter. Beat with an electric beater on slow speed. Add cheese. Mix until moist and pour into shell on top of the bacon. Add red pepper and Parmesan cheese to top of custard. Bake at 350° for 35 minutes. The custard will rise slightly and become golden brown. Cool 5 minutes before serving.

Mrs. John Rutherford (Bobbie)

## QUICHE LORRAINE

1 8 inch unbaked pie shell  
1/2 pound bacon or 1/4 pound cooked ham, finely diced  
1/4 pound Swiss or American cheese, grated

2 cups milk or light cream  
1 teaspoon salt  
dash of pepper  
dash of cayenne pepper  
3 eggs, slightly beaten

Fry bacon; drain and crumble. Put into pie shell. Arrange cheese over bacon. Combine eggs, milk, salt, pepper and cayenne pepper. Pour over bacon and cheese. Bake in preheated 400° oven for 30 to 45 minutes or until knife comes out clean. Serve hot or cold. Serves 6.

Mrs. Garland Radford, Jr. (Lee)

**LUNCHEON MEAT SALAD OR SANDWICH SPREAD**

1 can Treet, Spam or pork luncheon  
meat  
1/4 medium onion, chopped  
3 dill pickles, chopped  
4 hard cooked eggs  
1 teaspoon vinegar

3 tablespoons mayonnaise  
1/2 teaspoon dry mustard  
2 teaspoons prepared mustard  
1/2 cup catsup  
2 tablespoons sugar

Grate or chop meat, onion, pickles and eggs. Add other ingredients. Chill. Serve as salad on lettuce, as dip or a sandwich spread. Keeps well for several days.

Mrs. D. Terry Thomas (Elsie)

**ORIENTAL TUNA**

2 cans tuna, 6 1/2 ounces each  
1 5 ounce can water chestnuts,  
chopped fine  
1 teaspoon dehydrated onion

2 teaspoons soy sauce  
1/2 teaspoon curry powder  
mayonnaise to blend  
1 tablespoon lemon juice

Blend all ingredients. Use as salad or spread. Yield: 1 pint.

Mrs. Charles H. Rogers (Judy)

**POLISH SAUSAGE AND CABBAGE**

1/2 medium head cabbage  
1/2 cup chopped green pepper  
salt and pepper to taste

1/4 cup water  
1 pound Polish sausage

Cut cabbage coarsely and put in 10 inch skillet with the green pepper. Sprinkle with salt and pepper. Add water and heat until the water starts to bubble. Reduce heat; put sausage on top; cover and simmer 15 minutes or until cabbage is cooked and sausage is heated. Serves 4.

Mrs. D. Terry Thomas (Elsie)

**TOASTED MUSHROOM SANDWICHES**

1 cup finely chopped fresh mushrooms  
2 tablespoons butter  
12 slices bread, thin sliced  
12 medium thick slices of tomato

1/4 pound grated cheddar cheese  
1 egg, slightly beaten  
1/2 teaspoon salt  
6 strips bacon, partially cooked

Saute mushrooms in butter for 5 minutes. Either cut crusts from bread or make bread circles. Toast one side of the bread under the oven broiler. Put tomato slice on untoasted side. Mix cheese, egg, salt and mushrooms together and spread over the tomatoes. Cut bacon strips in half and put a piece on top of the mushroom mixture. Place under the broiler until mixture is bubbly and the bacon crisp. Makes 12 open-faced sandwiches.

Mrs. Samuel T. Wyrick, III  
(Deborah)



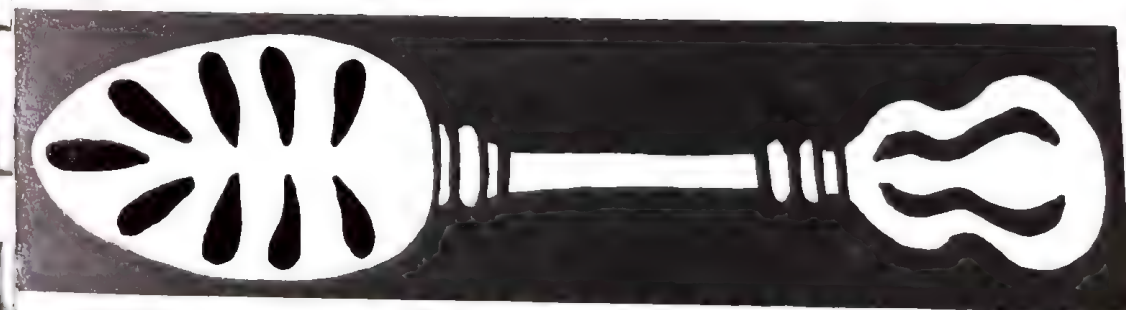


# Casseroles



“Whatsoever is set before you, eat,  
asking no question...”

— I CORINTHIANS 10:27



**ELEANOR'S CHEESE SOUFFLE**

1 1/2 cups **grated cheese**  
 1 1/2 **tablespoons butter**  
 3 **tablespoons flour**  
 3/4 **cup milk**

4 **large eggs** (or 5 small eggs)  
 3/4 **teaspoon salt**  
 1 1/2 **teaspoons prepared mustard**  
 dash of **Tabasco sauce**

1. Melt butter over low heat; add flour and salt to make a smooth paste.
2. Add milk, stirring constantly until sauce thickens.
3. Remove from heat and add grated cheese and egg yolks, stirring until cheese is melted.
4. While still hot, pour slowly into stiffly beaten egg whites — folding in carefully with a spatula.
5. Pour into an ungreased baking dish and bake 45 minutes in a 300° oven. Serve at once!

Note: To make a "top hat" draw a line with a teaspoon around the mixture in the casserole one inch from the edge. This forms a crease, which when baked makes a "top hat."

Mrs. John Clayton Smith  
 (Margaret)

**EGGPLANT ROMANO**

1 **large** (2 small) **eggplant**  
**Swiss type cheese**  
**tomato sauce**

**oregano**  
**salt**  
**pepper**

Slice the unpeeled eggplant in 1/2 inch slices and saute in butter or margarine, adding butter or margarine as needed. In a large shallow greased Pyrex casserole, place slices of sauteed eggplant, slices of cheese, a scant sprinkling of oregano and put tomato sauce over all. Continue with another layer of eggplant, etc. until the casserole is filled — ending with the tomato sauce. Bake uncovered for 1 hour at 350°.

Mrs. Arthur J. Morris (Ada)

**STUFFED EGGPLANT CREOLE**

Cut eggplant in half; scoop out the interior leaving 1/4 inch shells. Heat together in a skillet:

2 **strips bacon**  
 1 **pound hamburger**  
 1/4 **cup minced onion**  
 1 **green pepper diced**

1 **large can tomatoes**  
 1/2 **cup diced celery**  
 1/2 **cup sauteed mushrooms**

Preheat oven to 350°. Fill eggplant shells with mixture. Cover top with large thin slices of Swiss cheese. Place in a little water in a casserole dish and bake until heated through — about 15 minutes.

Mrs. W. Forrest Matthews  
 (Gerry)

## ASPARAGUS CASSEROLE

- all green asparagus spears
- 1 box Cheez-it crackers
- 1 can cream of mushroom soup

Arrange asparagus spears in a casserole; pour soup over all — undiluted. Crush crackers and cover casserole generously. Bake at 350° for 30 minutes. Delicious!

Mrs. Arthur J. Morris (Ada)

## BARLEY PILAF

- |                                   |                      |
|-----------------------------------|----------------------|
| 1/4 pound butter                  | 1 cup instant barley |
| 1 medium onion, chopped           | 2 cans consomme      |
| 1/4 pound fresh mushrooms, sliced | 1/2 teaspoon salt    |

Cook onion, mushrooms and barley in butter in a heavy skillet over medium heat. Stir frequently until the barley is light brown. Turn into a casserole and add consomme which has been brought to a boil. Season. Cover and bake 50 to 60 minutes in a 350° oven. Serves 4.

Mrs. Samuel T. Wyrick, III  
(Deborah)

## RICE CASSEROLE

- |                     |                             |
|---------------------|-----------------------------|
| 1 cup regular rice  | 1 small onion, grated       |
| 1 can beef consomme | 1 stick margarine or butter |
| 1 can water         |                             |



Place all of the ingredients in a 1 quart casserole; cut margarine or butter in chunks and mix well. Bake uncovered 1 1/4 hours at 350°. It is equally good using chicken stock and a small amount of chicken fat in the place of butter.

Mrs. Arthur J. Morris (Ada)

## CRAB AND ASPARAGUS AU GRATIN

- |   |                                     |
|---|-------------------------------------|
| 1 package (8 ounces) frozen or 1 can Alaska king crab | 1/2 teaspoon pepper                 |
| 1 box (10 ounces) frozen asparagus spears             | 2 teaspoons lemon juice             |
| 2 tablespoons butter or margarine                     | 1/2 cup grated sharp Cheddar cheese |
| 2 tablespoons flour                                   | 1 cup bread crumbs                  |
| 1/2 teaspoon dry mustard                              | 1 cup milk                          |
|   | 1/2 teaspoon salt                   |

Thaw and drain crab. Cook and drain asparagus. Melt butter and blend in the flour, mustard, salt and pepper. Gradually add milk and cook, stirring until thickened. Add lemon juice. Arrange asparagus in a shallow 1 quart baking dish. Cut crab in pieces and arrange on asparagus. Sprinkle with crumbs and cheese mixed with 2 tablespoons of butter. Bake in a moderate oven at 350° for 30 minutes.

Mrs. Charles Moseley (Cathy)



**CREAMY NOODLE CASSEROLE**

8 ounces wide noodles  
 1/2 pint (1 cup) cottage cheese  
 1/2 pint sour cream  
 1 can cream of chicken soup  
 2 tablespoons dry sherry  
 1 tablespoon parsley flakes

2 teaspoons dry shredded grated onions  
 2 teaspoons Worcestershire sauce  
 seasoned salt, garlic salt, pepper to taste  
 1/4 cup Parmesan cheese  
 paprika

Cook noodles; drain. Mix the remaining ingredients except Parmesan cheese and paprika; add noodles. Spread the mixture in a greased 12x8x2 inch baking dish. Sprinkle with Parmesan cheese and paprika. Cover dish loosely with foil. Bake 350° for 25 minutes. Uncover and continue cooking for 15 minutes. Remove from oven and let settle for 5 minutes or so before serving. Serves 8.

Mrs. William Edwards (Sandy)

**MENOMINEE RICE CASSEROLE**

1 cup grated Cheddar cheese  
 1 cup chopped ripe olives  
 1 cup canned tomatoes, chopped  
 1 cup mushrooms, sliced  
 1 cup hot water

1 onion, chopped  
 1 package Uncle Ben's long grain wild rice  
 1/2 cup oil  
 salt and pepper to taste  
 pepper

Mix all of the ingredients in a large ungreased casserole. Save a little of the cheese to garnish the top. Then stir in the hot water to keep the dish moist. Bake covered 1 hour at 350°.

Mrs. Samuel T. Wyrick, III  
 (Deborah)

**KITTY'S BROWN RICE**

1 cup rice  
 2 cans bouillon soup

1 can mushrooms  
 1 stick butter

Grease baking dish. Pour ingredients in. Bake at 350° for 1 hour.

Mrs. Guy Rawls, Jr. (Mary)

**SHRIMP AU GRATIN**

1 1/2 pounds shrimp  
 1/2 stick butter  
 1/2 to 3/4 pound sharp cheese  
 6 slices stale bread

3 eggs  
 salt  
 pepper  
 2 cups milk or coffee cream

Cook and peel shrimp. Dice bread and cheese. Make layers of bread, cheese and shrimp in a buttered baking dish. Pour melted butter over the top. Beat eggs and milk. Add seasonings to egg and milk mixture and pour over the shrimp. Bake at 325° for 1 hour.

Mrs. W. Prentiss Baker, III (Joan)

## SHRIMP AND ARTICHOKE CASSEROLE

- |   |                                      |
|---|--------------------------------------|
| 6 1/2 tablespoons butter  | 1 pound shrimp cooked                |
| 4 1/2 tablespoons flour   | 1/4 pound fresh mushrooms,<br>sliced |
| 3/4 cup milk  | 1/4 cup sherry                       |
| 3/4 cup heavy cream   | 1 tablespoon Worcestershire sauce    |
| salt and pepper to taste  | paprika                              |
| 1 No. 2 can artichoke or<br>1 package frozen, cooked as<br>directed | 1/4 cup Parmesan cheese              |

Melt 4 1/2 tablespoons of butter and stir in flour. When blended, add the milk and cream — stirring. When thick, add salt and pepper to taste. Arrange artichokes in the bottom of the dish. Scatter shrimp on the artichokes. Cook mushrooms in the remaining 2 tablespoons of butter for 6 minutes. Spoon mushrooms over the shrimp and artichokes. Add sherry and Worcestershire to cream sauce and pour over the contents of dish. Sprinkle with cheese and paprika. Bake at 350° for 25 minutes. Serve with rice. Cook rice in chicken broth with parsley, garlic salt and peanuts.

Mrs. Charles Moseley (Cathy)

## MUSHROOM CASSEROLE

- |                    |                                      |
|--------------------|--------------------------------------|
| 3 pounds mushrooms | 1/2 teaspoon pepper                  |
| 1/2 cup butter     | 1/8 teaspoon cayenne pepper          |
| 1 cup heavy cream  | 3 cups shredded Mozzarella<br>cheese |
| 1 teaspoon salt    |                                      |

Cook mushrooms — sliced and cleaned — in butter until tender in fry pan. Add cream and cook slowly for 5-10 minutes. Add salt and peppers. Pour into a casserole and put cheese on top. Bake at 400° about 10 minutes until cheese is bubbly.

Mrs. Vick Moore (Susan)

## REUBEN CASSEROLE

- |   |  |
|---|--|
| 1 14 ounce can sauerkraut, drained  | 2 tomatoes, sliced                           |
| 1/4 cup bottled Russian dressing  | 2 tablespoons butter, melted                 |
| 2 3-ounce packages corned beef, cut<br>up, or 6-8 slices home cooked<br>corned beef | 1 package refrigerated dinner<br>flake rolls |
| 2 cups grated Swiss cheese  | 2 tablespoons caraway seeds                  |

Mix dressing with sauerkraut and place in a buttered 2 quart casserole. Top with meat, cheese, tomatoes and melted butter. Bake for 30 minutes at 350°. Divide dinner rolls into layers and place, overlapping, on casserole. Top with caraway seeds. Increase temperature to 425° and bake until the rolls are golden brown. Serves 4 to 6.

Mrs. Samuel T. Wyrick, III  
(Deborah)

**FOUR WINDS CASSEROLE**

1/2 cup chopped celery  
 1/2 cup chopped onion  
 1 can (5 1/2 ounces) tuna, drained  
 3/4 cup chopped ripe olives  
 1/2 cup milk

1 can (4 ounce) chopped mushrooms, drained  
 1 can (10 1/2 ounces) cream of celery soup  
 1 can Chun King Chow Mein noodles

Combine the celery, onion, tuna, olives, mushrooms and celery soup. Blend in the milk and turn into a 1 1/2 to 2 quart casserole. Top with the chow mein noodles. Bake at 350° for 40 minutes. Serves 4.

Mrs. Fred T. Armstrong (Sara)

**CHICKEN CASSEROLE**

2 large fryers  
 2 cups water  
 2 teaspoons Accent  
 2 bay leaves

3 sprigs parsley  
 1 cup coarsely cut celery tops  
 pepper to taste

Cook all of the above ingredients together until tender. Strain. Cut up meat in large pieces. Reduce liquid to 1 1/2 cups broth. Mix 1 can of mushroom soup, 2 cups of cooked wild rice (can use brown rice), 1 pint of sour cream and 1 package of onion soup mix. Put in a buttered casserole. Top with mushrooms. Bake 50 minutes at 350°. Serves 12.

Mrs. Fred T. Armstrong (Sara)

**CHICKEN JERUSALEM CASSEROLE**

1 3-pound cut-up fryer  
 salt and pepper to taste  
 paprika  
 3 tablespoons butter

1 can cream of chicken soup  
 1/2 cup Madeira wine  
 1 pound can artichoke hearts  
 1 small can mushrooms

Sprinkle chicken with salt, pepper and paprika. Brown well in butter; transfer to oven-proof casserole. Pour the chicken soup and wine into the remaining drippings, using slotted spoon to smooth into gravy. Add artichoke hearts and mushrooms; pour sauce over chicken. Bake covered at 350° for 1 hour.

Mrs. Garland Radford, Jr. (Lee)

**CHICKEN WITH GRAPES**

Brown two 2 1/2 pound chickens – cut up for frying – in 6 tablespoons butter, salt and pepper.

Remove chicken to casserole. Saute 2 tablespoons of chopped onion in butter. Pour over the chicken. Add 1 cup of dry white wine. Bake at 350° for 1/2 hour covered. Add 2 cups of seedless grapes; cover and cook 1/2 hour longer.

Mrs. R. Mayne Albright (Frances)



## CHICKEN CACCIATORE

2 young chickens, 2 to 3 pounds,  
each ready to cook  
1/2 cup olive oil  
1 No. 2 1/2 can tomatoes  
2 tablespoons chopped parsley  
1 clove garlic, chopped fine

2 teaspoons salt  
1/2 teaspoon pepper  
2 green peppers, quartered or  
sliced thin  
1 cup dry white wine

Use two large frying pans, one for each chicken. Using 1/4 cup oil in each pan, brown chicken lightly on each side. Divide the remaining ingredients except wine and green pepper, adding half to each pan of browned chicken. Stir to mix seasonings. Cover and simmer for 45 minutes; add the green peppers and wine and continue cooking for 15 minutes. Check for doneness. Can be frozen either before or after cooking. Serves 10.

Mrs. R. Mayne Albright (Frances)

## CHICKEN DIVAN

3 10-ounce packages broccoli florets  
1/4 cup margarine  
1/4 cup all-purpose flour  
2 cups chicken broth  
1/2 cup cream

3 tablespoons white wine,  
optional  
1/2 teaspoon salt  
1/3 cup Parmesan cheese, grated  
chicken slices cooked (about  
4-6 breasts)

Cook broccoli in boiling salted water about half of the time indicated on the package directions. Melt the butter, blend in flour and add chicken broth. Stir until thickens about the consistency of cream. Add cream, white wine, salt, and a dash of pepper. Add Parmesan cheese. Place broccoli florets in pan. Pour about 1/4 of the sauce over and top with chicken slices. Pour the rest of the sauce over all. Bake at 350° for 20 minutes. May be frozen before baking and cooked from frozen state at 400° approximately 40-55 minutes or until bubbly.

Mrs. William E. Bellamy (Joan)

## WILD RICE CHICKEN CASSEROLE

2 fryers  
1 cup sherry  
1 cup water  
1/2 teaspoon salt

1/2 teaspoons curry powder  
1/2 cup chopped celery  
1 medium onion sliced

Cook chickens in the above ingredients. Strain broth and refrigerate. Bone chicken. Saute mushrooms with 1/4 cup of butter. Measure the broth — add water if necessary — for wild rice.

1 pound fresh mushrooms  
1 can cream of mushroom soup

1 cup sour cream  
2 packages Uncle Ben's Wild  
Rice (cooked in broth)

Mix chicken, mushrooms, soup, sour cream and rice together. Bake for 1 hour at 350° covered.

Mrs. Charles Moseley (Cathy)

**CHICKEN CASSEROLE**

3-4 pound chicken, cooked and deboned  
 1 can cream of mushroom soup  
 3/4 cup milk

1 small package Pepperidge Farm herb dressing  
 1 cup chicken broth  
 1 stick margarine

Spread chicken that has been cut in bite size pieces in a 9 x 12 buttered baking dish. Combine soup and milk and pour over chicken. Mix dressing mix, broth and melted margarine; crumble over chicken. Bake at 350° until bubbly or about 20 minutes. Serves 6 to 7.

Mrs. W. A. Pahl, Jr. (Martha)

**BAKED CHICKEN BREASTS SUPREME**

6 chicken breasts, boned and split  
 2 cups sour cream  
 1/4 cup lemon juice  
 4 teaspoons Worcestershire sauce  
 4 teaspoons celery salt  
 2 teaspoons paprika

1/2 teaspoons garlic powder  
 4 teaspoons salt  
 1/2 teaspoon pepper  
 1 3/4 cups packaged bread crumbs  
 1/2 cup butter  
 1/2 cup Crisco

In a large bowl combine sour cream, lemon juice, Worcestershire, celery salt, paprika, garlic, salt and pepper. Add chicken to the sour cream mixture, coating each piece well. Let stand overnight covered in refrigerator. Next day preheat oven to 350°. Remove chicken and sour cream mixture. Roll in crumbs; coat evenly; arrange in pan. Melt butter and shortening in sauce pan. Spoon 1/2 of the sauce over chicken. Bake chicken uncovered 45 minutes. Pour the remainder of the butter sauce over chicken and bake 10 to 15 minutes more. 12 servings.

Mrs. John S. Rutherford (Bobbie)

**HARVEST CASSEROLE**

1 pound pork sausage  
 2 tablespoons butter  
 1 pound diced veal steak

1 pound diced pork steak  
 1 cup chopped onion  
 1 cup chopped celery

Roll sausage into tiny balls and brown in their own fat. Remove and add butter to fat, browning pork and veal in this mixture. Add onion and celery and some water to cover. Cook 20 minutes. Replace sausage balls and add:

1 can golden bantam corn  
 1 large can mushrooms  
 1 can tomato soup  
 1 can pimientos, finely cut

3/4 cup grated American cheese  
 1 chopped green pepper  
 4 cups (measure raw) broad noodles, boiled and blanched

Bake mixture in a casserole for 1 1/2 hours at 300°. A 9 x 13 inch pan may be used so that the baked dish can be cut and served in squares. Serves 15.

Mrs. Samuel T. Wyrick, III  
 (Deborah)

## CHICKEN-RICE CASSEROLE

2 cups cooked chicken or turkey  
2 1/2 cups chopped celery  
1/2 cup slivered almonds  
4 tablespoons chopped onion  
3 tablespoons lemon juice

1 cup mayonnaise  
3 cups cooked rice — cook with  
chicken bouillon  
Parmesan cheese  
Pepperidge farm stuffing

Mix all of the ingredients except cheese and stuffing. Place in a greased, shallow 3 quart casserole. Sprinkle liberally with cheese; cover with stuffing. Bake at 350° for 20 to 30 minutes.

Mrs. Charles Rogers (Judy)

## DAY BEFORE COMPANY CHICKEN CASSEROLE

4 cups diced chicken  
1 cup celery  
1 cup onion  
1 cup green pepper  
1 cup mayonnaise  
1 1/2 teaspoons salt

4 beaten eggs  
3 cups whole milk  
12 slices bread (remove crust)  
2 cans mushroom soup  
1 cup shredded cheese  
1/4 teaspoon pepper

Mix chicken, celery, green pepper, onion and mayonnaise. Cube four slices of bread and put in the bottom of a 9x13 inch pan. Spread chicken mixture over cubes. Cover chicken with the remaining 8 slices of bread — not cubed. Beat eggs and milk, salt and pepper together and pour over all. Cover with foil and refrigerate overnight. Before baking, pour undiluted soup over the casserole. Bake 45 minutes at 325°. Remove foil and sprinkle with shredded cheese. Bake 15 minutes more.

Mrs. W. Prentiss Baker, III (Joan)

## LIMA GRAND CASSEROLE

Saute 1 1/2 pounds of ground beef — I do this at low heat without grease. Pour off fat, if any, and season with salt.

1 large onion  
2 teaspoons chili powder  
2 cups white sauce  
1 1/2 cups mushroom soup  
2 No. 303 cans Lima grand beans  
3 cups buttered toasted bread crumbs  
1 cup grated sharp cheese  
1 can sliced mushrooms

2 cups white sauce  
4 tablespoons butter  
3 tablespoons flour  
2 cups milk  
1/2 teaspoon salt  
1/4 teaspoon pepper

Line buttered casserole with toasted bread crumbs. Put layer of meat, layer of beans and a layer of sauce. Sprinkle the drained mushroom slices over the sauce; then light layer of crumbs. Repeat until the casserole is filled. Cover with buttered crumbs and coarsely grated cheese. Bake 35 or 40 minutes in a 350° oven. Serve very hot. Can be frozen before or after cooking. Serves 12.

Mrs. R. Mayne Albright (Frances)



**POOR MAN'S CASSEROLE**

Brown 1 pound of ground beef. Add 1 small chopped onion. Brown and drain. Slice 12 stuffed olives and add. Boil one package of macaroni and drain. Combine with

1 can cream of mushroom soup

1 8-ounce package sour cream

Put mixture into a baking dish and top with grated cheese. Bake at 350° for 30 minutes.

Mrs. Gilbert S. Taylor (Margaret)

**HOT DOGS SUPREME**

4 cups chopped cold potatoes

1 medium chopped onion

3 tablespoons flour

salt and pepper to taste

1/4 cup milk

1/2 pound hot dogs, thinly sliced

3 tablespoons margarine

1/2 cup shredded sharp cheese

Combine potatoes and onion. Sprinkle with flour and season with salt and pepper. Add milk, margarine and hot dogs. Bake in a shallow dish for 30 minutes. Top with cheese and continue baking 5 additional minutes.

Mrs. Barbara Jackson

**WEINER CASSEROLE**

1 pound weiners

1 1/2 cups diced celery

1 medium onion diced

1 can tomato soup

1 tablespoon vinegar

2 teaspoons brown sugar

1/4 cup water

1 tablespoon mustard

1 package frozen lima beans

Split weiner down the middle and cut each weiner into 6 pieces and brown in butter. Add celery and onion to mixture and saute. Add tomato soup, vinegar, brown sugar, mustard and water. Simmer. Add lima beans (separate), cover and simmer about 30 minutes or until lima beans are tender.

Mrs. Garland Radford, Jr. (Lee)

**CHINESE MUSHROOM CASSEROLE**

1 pound ground beef

1 4-ounce can mushroom pieces

1/3 cup cashew nuts (optional)

1/3 cup chopped Cheddar cheese

1 1/2 cups egg noodles

15 olives, halved

1 can cream of mushroom soup

Brown ground beef. Add mushrooms, mushroom soup, cashews, olives, salt and pepper. Cook egg noodles. In a casserole dish, alternate layers of sauce, noodles and cheese. Bake covered at 350° about 40 minutes. Serves 4.

Mrs. Susan Brooks

## HAM AND CHEESE PIE

1 unbaked 9 inch pastry shell  
1/2 cup mayonnaise (don't use salad dressing)  
1/2 cup milk  
1 tablespoon cornstarch

1 1/2 cups chopped Swiss cheese  
1/3 cup sliced green onion  
2 eggs  
dash pepper  
1 1/2 cups cubed cooked ham

Mix together mayonnaise, milk, eggs, cornstarch until smooth. Stir in the remaining ingredients. Turn into a pastry shell. Bake at 350° for 35-40 minutes or until knife inserted in center comes out clean. Serves 8. Freezes well after baking.

Mrs. John Tropman (Anna)

## SAUSAGE CASSEROLE

2 pounds sausage (I use 1 mild and 1 hot)  
3/4 cup onion, chopped  
1 cup celery  
1 cup green pepper (or parsley) chopped  
2 small cans drained mushrooms (or saute fresh ones)

1 1/2 cups raw regular rice  
salt to taste  
3 packages chicken noodle soup mix (dry kind)  
8 cups boiling water  
1 small package slivered almonds  
1 stick margarine

Brown sausage; drain. Saute vegetables in butter. Add rice, soup mix and salt — lightly — to water; season to taste. Cook 15 minutes. Add vegetables and sausage. Put in the casserole. Can refrigerate at this point so it can be made early in the day. Cover and bake for 30 minutes at 350°. Add almonds and bake uncovered a few minutes until brown.

Mrs. W. Prentiss Baker, III (Joan)

## PIZZA CASSEROLE

1 pound ground chuck steak  
1 pint cottage cheese  
2 packages Mozzarella cheese  
sliced ripe olives  
1 package frozen chopped spinach  
pepperoni or salami

2 cups spaghetti twists  
small jar spaghetti sauce  
1/2 pound mushrooms  
2 eggs  
Parmesan cheese

Saute onions and meat; add sauteed mushrooms and jar of spaghetti sauce and simmer. Cook spinach and add to cottage cheese and eggs. Season all of the ingredients to taste. Pour meat mixture into large flat rectangular casserole. Cover with slices of Mozzarella cheese; then cover with pepperoni and ripe olives. Sprinkle with Parmesan cheese. Bake at 350° for 45-60 minutes.

Mrs. William Edwards (Sandy)

**CHICKEN AND HAM CASSEROLE (For Thirty)****10 pounds chicken breasts****1 sliced onion****3 stalks celery, plus leaves**

Simmer above in 1 quart of water until tender. Cool in broth and then remove chicken from bones; cut into large pieces.

**3/4 cup butter****3/4 cup flour****1 quart light cream****1 quart rich chicken broth,  
from above****ground pepper and salt to taste**

Melt butter; add flour, stirring constantly. Gradually add cream and broth and cook until thick and smooth.

**1 cup grated Cheddar cheese****1 cup sliced mushrooms****1 1/2 pounds cooked cubed ham or  
Canadian bacon****6 ounces noodles, cooked in  
chicken broth****cooked diced chicken, from  
above****1 package frozen peas**

Put all of the ingredients into a large greased casserole. Sprinkle with 1 cup of slivered almonds. Bake at 350° for 1 hour, adding chicken broth as needed during baking. The secret of this dish is in the flavor of the sauce.

Mrs. Samuel T. Wyrick, III  
(Deborah)

**EGGPLANT SOUFFLE****1 medium eggplant****2 tablespoons butter****2 tablespoons flour****2 teaspoons grated onion****1 tablespoon tomato catsup****1 cup milk****1 cup grated cheese****3/4 cup soft bread crumbs****2 eggs, beaten separately****salt, black pepper, cayenne**

Peel eggplant and cut into pieces; cook in boiling salted water until tender. Drain thoroughly and mash. Make a cream sauce with butter, flour and milk. When thickened and smooth, add mashed eggplant, cheese, crumbs, onion, catsup and seasoning to taste. Then add the beaten egg yolks. Fold in stiffly beaten egg whites and bake in a moderate oven 350° for 45 minutes. Serves 6.

Mrs. Charles Blanchard (Bernard)





# Desserts



“The righteous eateth to the satisfying  
of his soul...”

— *PROVERBS 13:25*



## CAKES AND FROSTINGS

## ANGEL BAVARIAN CAKE

1 large angel food cake  
4 egg whites, well beaten

1 pint whipped cream, 2 cups  
or 1 large Cool Whip

For a thin custard:

1 pint milk  
1 teaspoon almond flavoring  
1 envelope gelatin, dissolve in  
1/2 cup cold water

1 cup sugar  
4 egg yolks  
2 tablespoons flour  
pinch of salt

1. Mix milk, beaten egg yolks, sugar, flour, flavoring and salt. Cook in a double boiler until the custard is done. (It will be thin.) Take off of the heat and add gelatin; set aside to cool.
2. Break angel food cake into bite-size pieces and line large flat dish – or oblong pan – 3 or 4 inches deep with cake. Save enough for the second layer.
3. When the custard is cool, fold whipped cream and stiffly beaten egg whites into the custard.
4. Pour half of the custard mixture over cake. Add another layer of cake and the remainder of the custard. Let stand in the refrigerator overnight. Before serving, ice with whipped cream and sprinkle with coconut. Serves 12. Can be frozen and keeps well.

Mrs. R. V. Lewis (Grace)  
Mrs. Joe Dietzel (Rosalie)

## MAGGIE'S CHOCOLATE CAKE

(Variation of Chocolate Syrup Cake)

1 stick butter  
1 cup sugar  
4 eggs  
1 cup flour

1 teaspoon baking powder  
pinch of salt  
1 pound can chocolate syrup  
1 teaspoon vanilla

Cream 1 stick of butter. Add 1 cup of sugar. Add 4 eggs, one at a time. Beat in 1 cup of flour, 1 teaspoon of baking powder, pinch of salt, a pound can of chocolate syrup and 1 teaspoon of vanilla. Bake at 350° for 30 minutes in a long greased and floured pan.

**Frosting** (Make while cake is in oven)

1 cup sugar  
1 stick margarine

1/3 cup condensed milk  
1/2 cup chocolate chips

Bring sugar, milk and margarine to a boil. Boil 1 minute. Add chocolate chips and stir until chips are melted. Pour over hot cake.

Mrs. Ronald R. Johnson (Sally)  
Mrs. James F. Johnson (Jan)

## APPLE CAKE

2 1/2 cups self-rising flour  
1 teaspoon baking soda  
1 teaspoon vanilla  
1 1/3 cups Wesson oil  
1 cup chopped nuts

2 cups sugar  
1 teaspoon cinnamon, ground  
2 eggs  
3 cups freshly diced apples

Combine dry ingredients, then add other ingredients. Stir well and bake 1 hour at 375° in a large, greased pan. This is a large cake and requires a large mixing bowl and is messy to stir. It's a good cake. Don't substitute for Wesson oil. If you substitute for self-rising flour, add baking powder and salt to the recipe.

Mrs. John R. Tropman (Anna)

## APRICOT NECTAR CAKE

1 package Duncan Hines white cake mix  
1/2 - 3/4 cup Wesson oil  
1/2 cup sugar

1 cup apricot nectar juice  
4 eggs

Mix together the first four ingredients. Add four eggs, one at a time, beating continually until mixed. Bake for approximately one hour at 325° in a tube pan — greased.

### Icing

1 cup powdered sugar  
1 tablespoon lemon juice

Mix together and add some nectar juice. Drizzle over cake.

Mrs. Gary Roth (Gail)

## COCKEYED CAKE

1 1/2 cups sifted flour  
3 tablespoons cocoa  
1 teaspoon soda  
1 cup sugar  
1/2 teaspoon salt

5 tablespoons cooking oil  
1 tablespoon vinegar  
1 teaspoon vanilla  
1 cup cold water

Put sifted flour back into sifter. Add to it cocoa, soda, sugar and salt. Sift right into a greased square cake pan. Make 3 dents or grooves in this dry mixture. Into one pour the oil, into the second pour the vinegar and into the last dent pour the vanilla. Now pour the cold water over it all. Beat with a spoon until it is nearly smooth and you can't see the flour. Bake at 350° for 30 minutes.

### Icing

2 tablespoons margarine  
1/2 box confectioners sugar  
milk to consistency

1 teaspoon vanilla  
2 tablespoons cocoa

Mrs. Charles H. Moseley, Jr.  
(Cathy)



**COCONUT CAKE**

2 cups sour cream  
2 cups granulated sugar

2 12-ounce packages frozen  
coconut

Mix together and leave covered in the refrigerator overnight. Use yellow cake mix. Make two layers and split each layer, making four. Ice with the mixture between layers and on top. Do not ice sides. Seal in cake cover and refrigerate for four days. Icing is slightly liquid and is absorbed by cake, making it delicious.

Mrs. Virgil Burney (Evelyn)

**ITALIAN CREAM CAKE**

1 stick margarine  
1/2 cup shortening  
2 cups sugar  
5 eggs separated

1 cup buttermilk with 1 teaspoon  
soda and 1 teaspoon vanilla  
2 cups flour  
1 can flake coconut  
1 cup chopped nuts

Have all at room temperature. Cream shortening, margarine and sugar. Add egg yolks and beat well. Alternate flour and buttermilk. Add coconut and nuts. Whip egg whites, not too dry, and fold in last. Bake in four layers at 350° until done.

**Icing**

8 ounce package cream cheese  
1 package powdered sugar  
2 teaspoons margarine

Mix together and ice cake as usual.

Mrs. Gary Roth (Gail)

**FRUIT COCKTAIL CAKE**

2 eggs  
1 1/2 cups sugar, beat and add  
1/2 cup Wesson oil

2 cups flour  
2 teaspoons soda  
1/4 teaspoon salt

Mix eggs, sugar and Wesson oil. Sift dry ingredients and add to the egg mixture. Add 1 can fruit cocktail – No. 303 – and mix well. Bake 40 minutes at 350° in 16 x 10 1/2 inch greased pan or pyrex dish or until cake is done.

**Icing**

1 stick butter or margarine  
3/4 cup sugar

1/2 cup evaporated milk  
1 teaspoon vanilla

Mix ingredients. Bring to a boil and boil 1 minute, stirring constantly. Add 1/2 cup flaked coconut and 1/2 cup nuts to the boiled icing. Spread on hot cake while still in pan. Serve with whipped cream or ice cream. Serves 16.

Mrs. Robert Franklin Lee  
(Margaret)

## FUDGE CAKE

- |  |                              |
|--|------------------------------|
| 2/3 cup soft butter or margarine                       | 2 1/2 cups sifted cake flour |
| 1 3/4 cups sugar                                       | 1 1/4 teaspoons soda         |
| 2 eggs   | 1/2 teaspoon salt            |
| 1 teaspoon vanilla                                     | 1 1/4 cups ice water         |
| 2 1/4 1-ounce squares unsweetened,<br>melted chocolate |                              |

Cream together butter, sugar, eggs and vanilla until fluffy — beat 5 minutes at high speed on mixer. Blend in cooled chocolate. Sift dry ingredients and add to the creamed mixture alternately with ice water. Bake in two 9-inch layer pans at 350° for 30 to 35 minutes. Frost with chocolate or white icing.

Mrs. E. Lindsay Reed, II  
(Virginia)

## GRAHAM CRACKER CAKE

- |  |                    |
|--|--------------------|
| 1 pound box graham crackers, crushed<br>fine | 5 eggs             |
| 2 sticks butter, melted                      | 1 cup sweet milk   |
| 2 cups sugar                                 | 1 teaspoon vanilla |

Mix together and bake in 3 layer pans 25-30 minutes at 350°. Cool before frosting.

### Frosting

- |                               |                     |
|-------------------------------|---------------------|
| 2 cups sugar                  | 1 can coconut       |
| 1 cup canned undiluted cream  | 1 cup black walnuts |
| 1 stick margarine             | 1 teaspoon vanilla  |
| 1 large can crushed pineapple |                     |

Cook margarine, sugar and cream until thick. Add pineapple and cook for 1 minute. Add coconut, black walnuts and vanilla. Cool frosting. Mixture will thicken when cool. Spread over cake. Let cake set for 24 hours before cutting.

Mrs. Joseph R. Nichols (Elizabeth)  
Mrs. James H. Johnson, Jr. (Cece)

## HOLIDAY CAKE

- |                                      |                            |
|--------------------------------------|----------------------------|
| 3 cups whole Brazil nuts             | 1/2 teaspoon baking powder |
| 1 pound whole dates                  | 1/2 teaspoon salt          |
| 1 cup drained red and green cherries | 3 beaten eggs              |
| 3/4 cup sifted flour                 | 1 teaspoon vanilla         |
| 3/4 cup sugar                        |                            |

Put in bowl nuts, dates and cherries. Sift together flour, sugar, baking powder and salt. Add to mixture in bowl. Add eggs and vanilla. Put in 300° oven for 1 3/4 hours. Cool in pan.

Mrs. Kenneth T. Knight (Tommy)



### MINNIE'S HOT MILK CAKE

1 stick butter melted in  
1 cup milk  
4 eggs  
2 cups sugar

2 cups flour  
2 teaspoons baking powder  
pinch of salt  
2 teaspoons vanilla

Melt butter in cup of milk and heat to the boiling point. Beat eggs very light. Add sugar and beat and beat. Add flour sifted together with baking powder and salt. Add milk and butter and blend. Put batter in greased and floured tube pan and bake at 350° until done. When cool, sift powdered sugar on top.

Mrs. William H. Buchanan  
(Barbara)

### MYSTERY CAKE

3/4 cup sugar  
1 cup flour  
2 teaspoons baking powder  
1 square chocolate  
2 tablespoons margarine

1/2 cup milk  
1 teaspoon vanilla  
1/2 cup brown sugar  
1/2 cup white sugar  
4 tablespoons cocoa

Sift sugar, flour and baking powder. Melt chocolate and margarine. Blend dry ingredients and chocolate mixture. Add milk and vanilla. Pour into greased 7 x 11" pan. Mix brown sugar, white sugar and cocoa; sprinkle over the batter. Pour over all 1 cup of coffee — hot or cold. Bake in a 350° oven for 40 minutes. Serve warm or cold with whipped cream or ice cream.

Mrs. G. L. Margeson, II (Phyllis)

### OATMEAL CAKE

1 stick margarine  
1 1/4 cups boiling water  
1 cup quick oats  
1 cup white sugar  
1 cup brown sugar  
2 eggs beaten

1 cup flour  
1 teaspoon soda  
1 teaspoon cinnamon  
1/2 teaspoon salt  
1/2 teaspoon nutmeg  
vanilla

Put oatmeal and margarine in a bowl. Pour on boiling water. Let stand 20 minutes. Add the remaining ingredients. Bake in 9" x 13" pan at 350° for 35 minutes.

#### Topping

6 teaspoons margarine melted  
1/2 cup brown sugar  
1/4 cup cream

1/2 teaspoon vanilla  
1 cup grated coconut

Cool cake 10-15 minutes before spreading topping. Put under broiler until coconut is brown.

Mrs. William M. Ingram (Polly)



**REGAL ORANGE BUTTER CAKE WITH BUTTER RUM SAUCE**

- |                                 |                          |
|---------------------------------|--------------------------|
| 3/4 cup softened butter         | 3 cups all-purpose flour |
| 1 cup sugar                     | 1 1/2 teaspoons soda     |
| 1 tablespoon grated orange rind | 1 teaspoon salt          |
| 1 teaspoon vanilla              | 1/2 cup orange juice     |
| 3 eggs                          | 1/2 cup evaporated milk  |
| 1 cup orange marmalade          | 1 cup chopped nuts       |

Cream butter thoroughly; add sugar, orange rind and vanilla. Beat until mixture is light and fluffy. Add eggs one at a time, beating after each addition. Blend in marmalade. Sift together flour, baking soda and salt. Add to creamed mixture alternately with combined orange juice and evaporated milk. Stir in chopped nuts and blend. Turn into a well greased 10-inch tube pan. Bake in a preheated oven 350° – 55 to 60 minutes. Cool in pan 10 minutes,

**Butter Rum Sauce**

- |                                  |                     |
|----------------------------------|---------------------|
| 1/4 cup butter                   | 1/2 cup cream       |
| 1 cup brown sugar, firmly packed | 1/8 teaspoon salt   |
| 2 egg yolks, well beaten         | 2-3 tablespoons rum |

Cream butter thoroughly. Add sugar gradually, beating well after each addition. Add egg yolks, cream and salt. Blend. Cook over boiling water until creamy and thickened. Remove from heat and cool slightly. Add rum. Serve warm or cooled with Regal Orange Butter Cake. Yield: 1 cup sauce.

Mrs. Norwood B. Starling (Mary)

**POPPY SEED CAKE**

- |                         |  |
|-------------------------|--|
| 1 box yellow cake mix   | 1/2 cup corn oil                               |
| 1/2 cup pineapple juice | 1/4 cup poppy seeds                            |
| 1/2 cup water           | 1 regular size package instant vanilla pudding |
| 1 teaspoon vanilla      |  |
| 5 eggs, add 1 at a time |  |

Coat Bundt pan with 1/4 cup white sugar mixed with 1 teaspoon cinnamon over Crisco. Sprinkle only enough to coat pan. Combine ingredients in the order listed. Pour into pan. Bake 350° for 45 minutes. Cool 10-15 minutes on coke bottle. Cake will sink a little.

Mrs. Douglas A. Cotter (Rosalyn)

**PLUM CAKE**

- |                          |                                      |
|--------------------------|--------------------------------------|
| 2 cups self-rising flour | 1 teaspoon cloves                    |
| 2 cups sugar             | 4 eggs                               |
| 1 cup Wesson oil         | 2 small jars Gerber's strained plums |
| 1 teaspoon cinnamon      |                                      |

Mix oil and sugar; add eggs one at a time, sifted dry ingredients and plums. Bake at 325° for 55 minutes. Glaze with mixture of 1 cup powdered sugar and 2 tablespoons cooking sherry. Put on cake while warm. I use Teflon tube pan.

Mrs. Virgil Burney (Evelyn)

## PECAN CAKE

3/4 pound butter or margarine  
 6 eggs, separated  
 2 1/4 cups sugar  
 1/4 cup orange juice  
 1/4 cup wine  
 4 cups flour

1 teaspoon baking powder  
 1 teaspoon nutmeg  
 1 1/2 pounds white raisins  
 1 pound pecans, broken  
 1 teaspoon vanilla

Cream butter and sugar. Separate 6 eggs. Add yolks one at a time to creamed mixture, beating well. Add orange juice and wine. Sift flour. Measure and add baking powder and nutmeg. Mix well. Add 3 cups flour to creamed mixture. Add remaining flour to the raisins and broken pecans. Beat 6 egg whites and fold into batter. Last add floured fruits, nuts and vanilla. Line pan with brown paper. Grease. Bake about 2 1/2 hours at 250°. Makes 2 large cakes.

Mrs. James P. Senter (Margaret)

## POUND CAKE

5 eggs  
 1/2 pound butter (not margarine)  
 1/2 cup shortening  
 3 cups sugar

3 cups flour  
 1 cup milk  
 1/2 teaspoon baking powder  
 1 teaspoon flavoring (vanilla, lemon or almond)

Have all ingredients at room temperature! Cream butter, shortening and sugar and add eggs — one at a time, mixing as you add. I use plain unbleached pre-sifted flour and never re-sift it. Mix baking powder with milk. Alternate adding flour and milk; I usually add in thirds. Grease tube pan and coat pan with flour. Pour batter into pan and bake at 375° for 1 hour and 20 minutes.

## CHOCOLATE POUND CAKE

Follow above recipe adding 3 heaping tablespoons of cocoa to the flour.

Mrs. Charles H. Fox (Bekah)

## POUND CAKE

1 cup soft butter  
 1 2/3 cups sugar  
 6 eggs  
 2 cups cake flour (measure before sifting)

pinch of salt  
 1 teaspoon vanilla  
 1/2 teaspoon baking powder

Before starting cake have all ingredients at room temperature. Cream sugar and butter, add unbeaten eggs one at a time and beat until smooth. Add vanilla. Sift flour, salt and baking powder together and add to batter, using low speed on mixer — or fold in by hand. Bake at 325° for 50 to 60 minutes.

Mrs. Roger I. Wall (Phyllis)

## CHOCOLATE POUND CAKE

1/2 pound margarine or butter  
1/2 cup vegetable shortening  
3 cups sugar  
5 eggs  
3 cups flour

2 teaspoons baking powder  
1/2 cup cocoa  
1/2 teaspoon salt  
1 1/4 cups milk  
1 tablespoon vanilla

Cream shortening and margarine. Add sugar gradually. Add eggs one at a time, beating after each addition. Sift together three times dry ingredients; add to mixture alternately with milk. Add vanilla. Bake in a greased and dusted tube pan for 1 1/2 hours at 325°.

Mrs. Norwood B. Starling (Mary)

## LEMON POUND CAKE

1 stick margarine  
1 stick butter  
1/2 cup Crisco  
3 small cups sugar  
5 eggs  
3 cups flour, measure before sifting

1 cup warm milk  
1/2 teaspoon baking powder  
1 teaspoon vanilla  
1/2 teaspoon orange flavoring  
1/2 teaspoon lemon flavoring

Beat margarine, butter, Crisco and sugar. Add eggs. Sift flour and add alternately with milk — adding baking powder to last addition of flour. Add flavorings. Bake for 1 hour 15 minutes at 350° in tube pan. Do not preheat oven. Cover with lemon glaze. Let stand 5 minutes before removing from pan. Put cake immediately into a tight cake holder. After 10 minutes remove lid and wipe out moisture. Re-cover.

### Lemon Glaze

3 tablespoons milk  
2 tablespoons butter

2 cups confectioners sugar  
3 tablespoons lemon juice

Heat milk and butter until the butter melts. Pour over sugar and stir until smooth. Add lemon juice and blend well.

Mrs. Nathaniel W. Smith (Nanci)

## PRUNE NUT CUP CAKES

1/2 cup margarine  
1 1/2 cups sugar  
2 eggs  
2 cups flour  
1/2 teaspoon salt  
1 cup buttermilk

1 teaspoon cinnamon  
1 teaspoon soda  
1 cup drained chopped prunes  
(1 can)  
1/2 cup raisins  
1/2 cup walnuts

Cream margarine and sugar. Add eggs, beating well. Mix flour, salt, cinnamon and soda and add alternately with buttermilk to egg mixture. Fold in prunes, raisins and walnuts. Bake in small cup cake pans at 350° for 25 minutes or until done. The number of cup cakes this makes depends upon the size of your pans.

Mrs. R. V. Lewis (Grace)



**POWDERED SUGAR POUND CAKE**

- |  |                                       |
|--|---------------------------------------|
| 1 box powdered sugar   | 6 eggs                                |
| 3 sticks butter  | 1/2 teaspoon salt (add salt to flour) |
| 1 box plain flour, sifted<br>measure into powdered sugar<br>box, then sift again | 1 tablespoon vanilla                  |

Cream butter and sugar. Add eggs and flour alternately. Add vanilla; mix well each time. Pour into well greased and floured tube pan. Bake 1 hour and 10 minutes at 300° or until cake leaves sides of pan.

Mrs. Douglas A. Cotter (Rosalyn)

**SOUR CREAM POUND CAKE**

- |                              |                          |
|------------------------------|--------------------------|
| 2 sticks butter or margarine | 3 cups sifted flour      |
| 3 cups sugar                 | 1/4 teaspoon baking soda |
| 6 eggs                       | 1/2 pint sour cream      |

Cream butter and sugar. Add one at a time, 6 eggs. Beat well after each. Add flour all at once and blend well. Add baking soda and sour cream and beat well. Pour into a greased tube or Bundt pan. Bake 1 hour 20 minutes at 350°. Turn out at once.

Mrs. Charles H. Rogers (Judy)

**LEMON POUND CAKE**

- |                  |                                |
|------------------|--------------------------------|
| 1 cup butter     | 2 cups all-purpose flour       |
| 1 2/3 cups sugar | 1 tablespoon grated lemon rind |
| 5 eggs           | 2 tablespoons lemon juice      |

Cream butter and sugar thoroughly; add eggs, one at a time, beating well after each addition. Gradually add flour to the creamed mixture; add lemon rind and juice and mix well. Pour into paper lined loaf pan or small tube pan. Bake at 325° for 1 to 1 1/4 hours. Allow cake to stand a day or two before serving.

Mrs. R. Clark Dillon (Linda)

**PUMPKIN CAKE**

- |                   |                      |
|-------------------|----------------------|
| 1 yellow cake mix | 1 cup canned pumpkin |
| 4 eggs            | 1/4 cup water        |
| 3/4 cup sugar     | 1 teaspoon cinnamon  |
| 1/2 cup oil       | dash nutmeg          |

Mix all ingredients and bake in a greased tube pan at 350° for 1 hour. Ice.

**Icing**

- |                       |                      |
|-----------------------|----------------------|
| 8 ounces cream cheese | 1 box powdered sugar |
| 1 stick margarine     | 1 teaspoon vanilla   |

Mrs. John Rutherford (Bobbie)

Mrs. J. Tate Lanning (Michael)

**WHISKEY CAKE**

1 package yellow cake mix  
1 small package instant  
vanilla pudding

4 whole eggs  
1/2 cup cooking oil  
3/4 cup water

Mix all of the ingredients in a mixing bowl at medium speed. Pour into a well-buttered angel food cake pan. Bake 45 minutes at 350°. Test for "doneness"; it may need a few minutes longer. When tester comes out clean, invert the cake onto a cake plate and let it cool.

**Topping** 1/2 cup butter  
1 cup sugar

1 cup bourbon

Heat the butter and sugar until they're bubbly; add the bourbon. With a knitting needle (or skewer or icepick) punch holes all over the cake. Pour the topping in the holes and let the cake soak it up for a few minutes. After that, you can soak it up. Don't serve with Irish coffee if you're driving.

**TRAFALGAR CAKE**

Mrs. Stan Bennett (Julie)

1 cup chopped dates  
1 1/2 cups boiling water  
1 teaspoon baking soda  
3/4 cup shortening  
1 cup sugar

2 eggs  
1 teaspoon vanilla  
1/2 teaspoon salt  
3/4 teaspoon baking soda  
1 1/2 cups flour

**Topping** 1 cup sugar  
1 package chocolate chips 1/2 cup nutmeats

Pour boiling water over dates; add 1 teaspoon soda. Cool. Cream shortening and sugar and well-beaten eggs, vanilla and sifted dry ingredients. Mix thoroughly; pour into a greased 8 x 12 inch tube pan. Mix topping and sprinkle over batter in pan. Bake 40 minutes at 350°. This cake stays moist for a very long time.

Mrs. Samuel T. Wyrick, III  
(Deborah)

**WALNUT APPLEJACK**

1/3 cup butter or margarine  
2 cups dry bread crumbs, toasted  
3/4 cup brown sugar, firmly packed  
1 teaspoon cinnamon

dash of salt  
1 tablespoon grated lemon peel  
2 cups applesauce  
2/3 cups chopped Diamond  
Walnuts

Heat butter or margarine in a skillet until brown. Stir in the next five ingredients. Add lemon juice to applesauce. In a greased 8 x 8 x 2 inch pan, arrange alternate layers of crumb mixture, applesauce, chopped Diamond Walnuts — ending with crumbs on top. Bake in a moderate oven (350°) 30 minutes. Serve warm or cold with hard sauce; decorate with plump Diamond Walnut halves. Serves 8 or 9.

Mrs. T. Fred Armstrong (Sara)

## RUM CAKE

1 package Duncan Hines yellow  
cake mix (deluxe)  
4 whole eggs  
1 package Jell-O instant  
vanilla pudding

1/2 cup chopped nuts  
1/2 cup Wesson oil  
1/2 cup water  
1/2 cup light rum

## Topping

1 stick butter  
1/2 cup water

1 cup sugar  
1/4 cup light rum

**Cake:** Add pudding mix, eggs, oil, water and rum to yellow cake mix. Beat vigorously for a full ten minutes. Grease tube or Bundt pan and line bottom with chopped nuts. Bake at 325° for 1 hour. Cool for 5 minutes.

**Topping:** Let butter, water and sugar come to a boil and boil for 5 minutes. Cool for 2-3 minutes; then add the rum. Spoon over slightly cooled cake. Let the cake then get completely cold in pan. Serve with whipped topping or whipped cream.

Mrs. James H. Hartwell (Mary)

## RED VELVET CAKE

1 cup Crisco  
2 cups sugar  
3 eggs, added 1 at a time  
1 tablespoon cocoa  
1 tablespoon vinegar  
2 7/8 cups cake flour

1 teaspoon salt  
1 1/2 teaspoons soda  
1 cup buttermilk  
1 teaspoon vanilla  
2 ounces red food color

Cream Crisco and sugar. Add eggs one at a time. Blend cocoa and vinegar and add. Sift together flour, salt and soda; add alternately with buttermilk. Blend in vanilla and red food color. Bake in three 9-inch cake pans at 350° about 30-35 minutes.

## Frosting

2 tablespoons plain flour  
1 cup sweet milk  
1 cup butter

1 cup sugar  
1 cup confectioners sugar

Cook flour and milk over low heat until very thick; cool. Cream butter and sugar — combining with cooled, cooked mixture. Beat until fluffy. Add confectioners sugar and blend. To half of icing, add 1 cup coconut (macaroon or angel flake type) and 1 cup pecans chopped. Use this between the layers. Use the remaining half to frost top and sides

Mrs. Douglas A. Cotter (Rosalyn)



**COOKIES, BARS AND CANDIES**

**AGGRESSION COOKIES**

1 cup light brown sugar  
1 cup margarine  
1 cup all purpose flour

1 teaspoon baking soda  
2 cups quick-cooking rolled oats

Mix all ingredients until soft — children may mix, pound, beat with hands and fists — thus the name. Make 1 inch balls of dough. Place on an ungreased cookie sheet. Flatten slightly with bottom of a glass dipped in granulated sugar. Bake in a moderate oven (350°) about 10 minutes. Makes about 4 dozen cookies.

Mrs. D. Terry Thomas (Elsie)  
I've been baking these since I was five years old.

**BAGDAD SQUARES**

3/4 cup flour  
3/4 cup sugar  
2 eggs beaten  
1/2 teaspoon salt

1 cup chopped nuts  
1 cup dates or raisins cut up  
1/2 cup mixed candied fruit,  
cut up

Mix all of the ingredients. Line an 8 inch square pan with wax paper. Pour in the batter. Bake at 350° for 30 minutes. Turn and remove paper. Cut into inch squares. Sprinkle lightly with powdered sugar. Makes 50+ squares.

Mrs. V. W. Haverstick (Katherine)

**BOURBON BALLS (TIPSIES)**

1 6-ounce package semi-sweet  
chocolate bits  
3 tablespoons light corn syrup  
1/2 cup bourbon

2 1/2 cups crushed vanilla wafers  
1/2 cup powdered sugar  
1 cup nuts, finely chopped

Melt chocolate in a pan over hot — not boiling — water. Add corn syrup and bourbon; stir until smooth. Combine vanilla wafer crumbs, powdered sugar and nuts. Add chocolate mixture and mix well. Let stand about 30 minutes and then form into 1 inch balls. Roll in powdered sugar. Let ripen in covered container at least a week. Makes 4 1/2 dozen.

Mrs. John S. Rutherford (Bobbie)

**ICE BOX COOKIES**

1 cup butter  
1/2 cup brown sugar  
1/2 cup white sugar  
1 egg slightly beaten  
2 cups plain flour

1/2 teaspoon soda  
1/4 teaspoon salt  
1/2 teaspoon vanilla  
1/2 cup borken nuts

Cream butter; add sugar, egg, flour, soda, flavoring and nuts. Form into 2 rolls. Chill, slice and bake at 325° to 350°.

Mrs. Henry S. Manning (Sara Jo)

**DATE BARS**

1/2 cup light brown sugar  
 1/2 cup white sugar  
 1 cup self-rising flour  
 1 stick margarine melted

1 cup nuts  
 1 teaspoon vanilla  
 2 well beaten eggs  
 1 cup dates chopped or 1 box  
 sugared chopped dates

Roll dates in a small amount of flour — 1 tablespoon. Flour to separate. Line the bottom of a 9-inch square pan with wax paper and grease with margarine. Mix all of the ingredients and pour into a prepared pan. Bake at 325° for 15-30 minutes. Cut while still warm but leave in pan until cold.

Mrs. T. Jerry Williams (Tot)

**BLONDE BROWNIES**

1/3 stick oleo-melted and cool  
 1 cup brown sugar  
 1 egg slightly beaten  
 1 cup flour

1/2 teaspoon baking powder  
 1/8 teaspoon soda  
 1/4 cup chopped nuts  
 1 teaspoon vanilla  
 1/2 bag chocolate chips

Add brown sugar to oleo. Add egg. Sift flour, baking powder and soda. Add sifted ingredients to sugar mixture. Add nuts and vanilla. Grease and flour an 8-inch square pan. Spread batter in the pan. Sprinkle chocolate chips over batter. Bake about 30 minutes at 325°.

Mrs. G. L. Margeson, III (Phyllis)

**BUTTERSCOTCH WHEAT BARS**

1/4 cup liquid shortening  
 1 cup light brown sugar  
 1 egg  
 3/4 cup whole wheat flour  
 1 teaspoon salt

1 tablespoon powdered proleen  
 1/2 teaspoon vanilla  
 1/2 cup nuts, chopped  
 1/2 cup raisins  
 2 tablespoons wheat germ

Blend sugar and shortening. Add egg. Mix dry ingredients and stir in the remaining dry ingredients. Bake in an 8-inch square pan at 350° for 30 minutes.

Mrs. Phillip W. Smith (Priscilla)

**BUTTERSCOTCH BROWNIES**

2 eggs  
 3 cups dark brown sugar  
 3/4 cup margarine and shortening,  
 mixed and melted  
 2 cups sifted flour

1 1/4 tablespoons baking powder  
 1 teaspoon salt  
 1 teaspoon vanilla  
 1 1/2 cups chopped nuts

Beat together eggs, brown sugar and melted margarines. Sift together and add flour, baking powder and salt. Add vanilla and nuts. Bake in a large shallow greased pan — batter should be 1/4 inch thick — at 350° for 30-40 minutes. Cut in the pan and cool. Makes 7 dozen 1/2 x 2 inch cookies.

Mrs. Kenneth T. Knight (Tommy)

## JESSIE'S SQUARES

2 cups graham cracker crumbs  
1/4 cup sugar  
1/2 cup melted butter

Mix. Bake 10 minutes in a 9-inch square pan at 350°.

1 cup sweetened condensed milk  
2 cups angel coconut

Put on top of crust and bake 15 minutes.

5 Hershey bars  
1 teaspoon peanut butter

Spread on top.

Mrs. Charles H. Moseley, Jr. (Cathy)  
Recipe of Mona Cross

## MELTING MOMENTS

1 cup flour  
3/4 cup cornstarch  
1/3 cup powdered sugar

1 cup butter  
1 teaspoon vanilla

Mix like pie crust, shape into small balls and place on cookie sheet. Bake at 325-350° for 20 minutes.

### Frosting

1 cup powdered sugar  
1 tablespoon orange juice

2 tablespoons butter  
red or green food coloring

Mix to spreading consistency. Add food coloring. Frost while cookies are still warm.

Mrs. Samuel T. Wyrick, III  
(Deborah)

## OATMEAL CRANBERRY SQUARES

1 1/2 cups sifted flour  
1/4 teaspoon baking soda  
1/8 teaspoon salt  
1 1/2 cups uncooked oats  
1 cup brown sugar  
1 cup drained, crushed pineapple

1/2 cup butter or margarine  
softened  
1/4 cup shortening  
1 (1 lb.) can whole cranberry  
sauce, drained  
1/4 teaspoon vanilla

Sift flour, baking soda and salt into a large bowl of electric mixer. Add oats and brown sugar. Blend in butter and shortening on low speed, until mixture is crumbly. Pat half of the mixture into the bottom of a greased 13 x 9 x 2 inch pan. Combine cranberry sauce, crushed pineapple and vanilla. Spread over crumb mixture. Place remaining crumb mixture over cranberry filling. Bake in a 400° oven for 30-35 minutes. Let cool in pan and cut into 35 squares. May be frozen.

Mrs. John H. Hartpence, Jr.  
(Sarah)



**PEANUT COOKIES**

1 1/2 cups shortening	1 teaspoon baking powder
1 cup brown sugar	2 cups oatmeal
1 cup sugar	1 teaspoon vanilla
2 eggs	1 cup corn flakes
2 cups flour	1 cup salted peanuts, chopped
1 teaspoon soda	

Cream shortening, brown sugar, sugar and eggs. Add flour, soda, baking powder, oatmeal and vanilla mixing well. Stir in corn flakes and salted peanuts. Bake on an ungreased cookie sheet at 375°.

**OATMEAL COOKIES**

Mrs. W. Keith Hobbs (Cindy)

1/2 cup margarine	1 teaspoon salt
1 1/2 cups sugar	1 teaspoon cinnamon
6 tablespoons molasses	2 cups rolled oats
2 eggs	1/2 cup cut up nuts
1 3/4 cups sifted plain flour	1/2 cup cut up raisins, if you desire
1 teaspoon soda	

Mix thoroughly margarine, sugar, molasses and eggs. Sift together flour, soda, salt and cinnamon and stir in. Stir in oats, nuts and raisins. Drop rounded teaspoons about 2 inches apart on lightly greased cookie sheet. Bake until lightly browned - 400° for 8-10 minutes. Makes about 5 dozen 2 1/2 inch cookies.

Note: You may need to add a little more flour.

**PRALINES**

Mrs. Richard Saleeby (Doris)

1 cup water	grated rind of 1 orange
1 1/2 cups sugar	2 1/2 - 3 cups pecan halves
1 teaspoon salt	

Mix water, sugar and salt; bring to a boil and boil about 15 minutes. Add orange rind and continue boiling about 15 minutes longer to a soft ball stage. Remove from heat; add pecans, stir quickly and thoroughly until syrup whitens and coats the pecans as it crystallizes. Spread on wax paper and separate pecan halves. (Scrape the saucepan and save all of the crumbs for topping for vanilla ice cream. Good!)

Mrs. Lewis P. Watson (Miranda)

**ROCK CANDY**

2 cups sugar  
1 cup water

Dissolve sugar (stir). Heat solution until when you drop a little into cool water it forms a soft ball. Put into a tall jar with a string down the middle. Let it sit in a quiet place.

Mrs. John R. Tropman (Anna)

## PEANUT BUTTER CANDY

1 cup peanut butter  
1 cup honey  
2 cups instant powdered milk

Mix together. Place in a greased 8 x 8 x 2 inch pan and refrigerate several hours. Cut into squares. Great snack for children that is nutritious for them.

Mrs. Charles H. Rogers (Judy)

## QUICK PEANUT BUTTER FUDGE

2 cups sugar  
16 marshmallows, cut in half  
1/3 cup Karo syrup white  
1/2 stick butter or margarine  
1/2 cup canned milk

Combine ingredients. Boil to form soft ball in cold water – about five minutes full boil. Stir constantly. Remove from heat. Add 1 cup of peanut butter. Beat until it thickens. Pour into pan. It gets thick rather fast.

Mrs. Michael O. Van Ormer (Linda)  
I have made this fudge several times and it has never failed me.  
Good luck.

## SESAME SEED BRITTLE

1 cup sesame seed  
1 cup sugar  
1 cup dark corn syrup  
1/2 cup water  
2 tablespoons butter  
1 teaspoon baking soda

Sprinkle sesame seed over a large cookie sheet and toast in a preheated 350° oven for 15 minutes. In a 2 quart saucepan stir together sugar, corn syrup, water and butter. Bring to a boil over medium heat, stirring constantly until sugar dissolves. Reduce heat and cook without stirring until mixture reaches 300° on candy thermometer. Remove from heat; stir in toasted sesame seed. Next baking soda. Pour on a greased surface and spread evenly to about 1/8 inch thickness. Cool and break into small pieces.

Mrs. Douglas A. Cotter (Rosalyn)

## SUGAR COOKIES

1 cup shortening  
2 cups sugar  
2 eggs  
2 teaspoons vanilla  
1/2 teaspoon salt  
4 cups cake flour (I use 4 cups plain flour minus 8 tablespoons as substitute for cake flour)  
4 teaspoons baking powder  
1/4 cup milk

Cream shortening and sugar. Add eggs and vanilla to sugar mixture. Sift together flour, baking powder and salt. Add alternately with milk to sugar mixture. Blend well. Form rolls and wrap in wax paper. Chill thoroughly. Cut into thin slices and bake at 350° about 10 minutes until golden.

Mrs. Gregory B. Crampton  
(Martha)

**MERINGUE GOODIES**

2 stiffly beaten egg whites  
3/4 cup sugar

1/2 teaspoon vanilla  
1/2 - 1/3 package mini-chocolate chips

Heat oven to 375°. Beat egg whites until stiff. Add other ingredients. Put by 1/2 teaspoonfuls on foil covered cookie sheet. Turn off oven when you put them in. Leave in oven overnight or for several hours.

**CANDY STRAWBERRIES**

Mrs. R. Donald Coffey, Jr. (Nancy)

2 3-ounce packages strawberry jello  
1 cup flaked coconut

3/4 cup condensed milk  
1/2 teaspoon vanilla

Mix and chill for one hour. Shape into strawberries. Roll in red sugar. Tint almonds green for stems by wetting and rolling in green sugar. Yields 6 dozen.

**SCOTCH BAKES**

Mrs. R. V. Lewis (Grace)

1 cup butter (real butter)  
1/2 cup brown sugar, firmly packed

1/4 teaspoon baking soda  
2 cups flour

Cream butter, sugar and soda. Stir in 1 cup of flour. Knead in a second cup of flour. Roll out 1/4 inch thick and cut. Bake on an ungreased cookie sheet at 325° for 20 minutes.

**WESTMINSTER TOFFEE**

Mrs. Douglas A. Cotter (Rosalyn)

1 lb. butter, room temperature  
2 cups white sugar  
1 cup whole, unblanched almonds

3 tablespoons butter  
1/3 lb. melted dripping chocolate  
1/2 cup ground almonds

Melt 3 tablespoons butter in skillet and add whole almonds. Stir over low heat until lightly toasted. Drain on paper. Melt slowly 1 pound of butter in a large saucepan. Add sugar; cook over low heat until mixture reaches hard crack stage or 290° on a candy thermometer. Do not stir. Cook slowly so mixture does not brown quickly. Spread nuts in buttered 9 x 13 inch pan and pour in hot toffee. Mark in squares lightly with a knife before it cools. When cool, remove from pan. Spread one side with melted chocolate. Sprinkle ground almonds on top. When set, repeat on the other side. Break into squares. Keep refrigerated.

Mrs. Samuel T. Wyrick, III  
(Deborah)

**CRISP OATMEAL COOKIES**

3/4 cup shortening  
1 1/2 cups light brown sugar

1 egg  
2 cups quick oatmeal

Cream shortening and sugar. Add 1 egg, beat. Add oatmeal and mix well. Form into small balls, flatten on a greased cookie sheet and bake at 325° for about 10 minutes. Makes about 6 dozen.

Mrs. Lewis P. Watson (Miranda)



## PIES AND OTHER DESSERTS

## APPLE-NUT CRUNCH (Quick-easy)

- |                                       |   |
|---------------------------------------|---|
| 1/2 cup sifted cake flour             | 1 teaspoon vanilla                        |
| 2 teaspoons baking powder             | 1 cup chopped pecans or walnuts           |
| 1/2 teaspoon salt                     | 1 cup tart apples, peeled, cut into cubes |
| 2 eggs                                | 1/2 cup whipping cream                    |
| 1 cup firmly packed light brown sugar | 2 teaspoons sugar                         |

Sift together cake flour, baking powder and salt. Cream eggs and brown sugar, using electric mixer, until light. Gradually blend in flour mixture. Stir in vanilla, nut meats and apple cubes. Bake in a greased 10-inch pie plate at 350° for 30 minutes. Cool in plate. Cut into wedges to serve. Whip cream to soft peaks. Add sugar gradually; continue beating until stiff. Serve on top of wedges.

Mrs. Douglas A. Cotter (Rosalyn)

## APPLE PIE

- |                                      |                     |
|--------------------------------------|---------------------|
| 1/2 stick margarine                  | 1 teaspoon cinnamon |
| 1 1/4 cups sugar                     | 1/4 teaspoon salt   |
| 2 cups peeled, finely chopped apples | 1 egg               |

Cream margarine and add sugar. Add to chopped apples. Beat egg and add cinnamon and salt. Combine all ingredients and pour into a pastry shell. Bake at 350° approximately 30 minutes or until crust is pleasingly brown and mixture is somewhat firm.

Mrs. Gilbert S. Taylor (Margaret)

## APPLE OR PEACH PIE

- |   |                               |
|---|-------------------------------|
| 2 1/2 apples or 3 peaches, peeled and sliced  | 3/4 cup sugar                 |
| 1/2 pint whipping cream ( <u>Not</u> whipped) | 1 heaping teaspoon cornstarch |

Place fruit in pie shell. Combine other ingredients and pour over fruit. Do not mix. Bake at 350° for 1 hour.

Mrs. Ronald R. Johnson (Sally)

## CHERRY COBBLER (Easy, delicious)

- |                                     |                           |
|-------------------------------------|---------------------------|
| 1 can pie cherries (or other fruit) | 3/4 cup flour             |
| 3/4 cup sugar                       | 3/4 cup sugar             |
| 1 stick margarine                   | 2 teaspoons baking powder |
| dash of salt                        | 1/2 cup milk              |

In one bowl, place cherries and 3/4 cup sugar. In a baking dish, place melted margarine. In another bowl, mix salt, flour, sugar, baking powder and milk. Pour batter over melted margarine. Pour sweetened cherries over batter. DO NOT STIR. Bake at 350° for 1 hour.

Mrs. Joseph R. Nichols (Elizabeth)

## BUTTERMILK PIE

- |                              |                    |
|------------------------------|--------------------|
| 2 cups sugar                 | 3 eggs, beaten     |
| 3 tablespoons flour          | 1 cup buttermilk   |
| 3 tablespoons butter, melted | 1 teaspoon vanilla |

Beat eggs well. Add sugar and flour, then other ingredients. Pour into unbaked pie crust — may be frozen crust. Bake 25-30 minutes at 375°.

Mrs. William E. Bellamy (Joan)

## MAMA THOMAS' CHOCOLATE CHESS PIE

- 1 stick butter (or margarine)  
 3 squares Baker's unsweetened chocolate

Slowly or in double boiler, melt the butter and chocolate. Mix together:

- |                            |                    |
|----------------------------|--------------------|
| 4 eggs, beaten 1 at a time | 1/4 teaspoon salt  |
| 3 tablespoons Karo syrup   | 1 teaspoon vanilla |
| 1 1/2 cups sugar           |                    |

Beat this mixture well. Then add slightly cooled chocolate mixture and pour in unbaked crusts. Bake 25-30 minutes at 350°. Makes 2 pies. Do not overcook!

Mrs. Harvey Hinnant (Tal)

## LEMON CHESS PIE

- |                                |                          |
|--------------------------------|--------------------------|
| 1 1/2 cups sugar               | 1 tablespoon cornmeal    |
| 2 eggs, separated              | 2 tablespoons butter     |
| 1/3 cup milk                   | pinch of salt            |
| juice & grated rind of 1 lemon | 9 inch unbaked pie shell |
| 1 tablespoon flour             |                          |

Cream butter and sugar until light and fluffy. Add flour, meal, salt and lemon juice. Add well beaten egg yolks. Beat all well. Add stiffly beaten egg whites. Pour into pie shell. Bake at 400° for 10 minutes. Reduce heat to 350° and bake 30 minutes.

Mrs. Allen B. Jones (Sarah)

## CHOCOLATE ANGEL PIE

- |                              |                                  |
|------------------------------|----------------------------------|
| 1/2 cup sugar                | 1 6-ounce package chocolate bits |
| 1/8 teaspoon cream of tartar | 3 tablespoons hot water          |
| 2 egg whites                 | 1 teaspoon vanilla               |
| 1/2 cup nuts, chopped        | 1 cup whipped cream              |

Beat egg whites until stiff. Add cream of tartar and sugar slowly. Put in a greased pie pan. Bake 1 hour at 275°. Melt chocolate bits over hot water. When smooth, add 3 tablespoons of hot water. When cool, add vanilla. When thoroughly cook, fold in whipped cream. Put into cool pie shell. Refrigerate 2 - 3 hours.

Mrs. Maurice N. Courie (Bobbi)

**MAMERE'S APPLE PAN DOWDY**

4 tart apples (MacIntosh)  
1/2 cup sugar  
1/2 teaspoon cinnamon

2 tablespoons butter  
biscuit dough

Pare, core and slice apples. Arrange in well-greased shallow baking dish. Sprinkle with sugar and cinnamon; then dot with butter. Cover with biscuit dough 1/2 inch thick. Prick dough with fork. Bake 30 minutes at 350°. Serve with Lemon Sauce (which follows).

**Lemon Sauce**

1 tablespoon cornstarch  
1/2 cup sugar  
1/4 teaspoon salt  
1 cup water

2 tablespoons lemon juice  
1 teaspoon grated lemon rind  
1 egg yolk, beaten  
1 tablespoon butter

Mix cornstarch, sugar and salt thoroughly. Add water, heat to boiling and cook until clear and thickened, stirring constantly. Add lemon juice and rind and pour slowly over beaten egg yolk. Cook another minute; add butter. Makes 1 1/4 cups.

Mrs. James M. Boyette, Jr. (Nancy)

**ICE CREAM PIE**

1 cup graham cracker crumbs  
3 tablespoons butter  
3 tablespoons peanut butter

1 tablespoon sugar  
1 quart vanilla ice cream, softened  
chocolate syrup

Mix first four ingredients, putting aside few tablespoons for top. Press mixture into pie pan. Place in freezer for 5-10 minutes. Fill shell with ice cream. Drizzle top with chocolate syrup and remaining crumbs. Freeze for few hours prior to serving.

Mrs. John Rutherford (Bobbie)

**LEMON MERINGUE PIE**

1 cup sugar  
1/4 teaspoon salt  
5 tablespoons cornstarch  
2 cups water

3 egg yolks  
5 tablespoons lemon juice  
2 teaspoons lemon rind, grated  
2 tablespoons butter

Mix sugar, salt and cornstarch in the top of a double boiler with 1/2 cup of water. Blend in rest of water and stir constantly over low heat until mixture begins to thicken. Cover and cook over low heat 10 minutes. Slowly stir in egg yolks, juice, rind and butter. Cook 1 minute longer. Cool before pouring into 9 inch pie shell.

Make meringue with 3 egg whites beaten until stiff. Slowly add 6 tablespoons of sugar. Spread over pie. Brown meringue in 350° oven.

Mrs. Joseph R. Nichols  
(Elizabeth)



## JAPANESE FRUIT PIE

2 eggs  
 1/2 stick margarine  
 1/2 cup coconut  
 1/2 cup raisins

1/2 cup pecans  
 1 cup sugar  
 1 tablespoon vinegar  
 1 teaspoon lemon flavoring

Mix altogether. Pour into unbaked pie shell. Bake at 300° for 40 minutes.

Mrs. Lawrence K. Brown  
 (Margaret)

## MILLIONAIRE PIE

1 can Eagle Brand milk  
 juice of 1 lemon  
 1 No. 2 can crushed pineapple,  
 drained

1 cup chopped nuts, optional  
 1 container Cool Whip  
 1 graham cracker crust

Combine all of the above. Pour into crust. Chill.

Mrs. James Ashby (Joan)

## SOUTHERN PECAN PIE

1 box light brown sugar  
 4 eggs  
 1/2 cup milk  
 3 tablespoons flour

2 tablespoons butter  
 1/2 teaspoon vanilla  
 1 cup pecans

Mix sugar, flour and butter. Add eggs and milk; mix well. Add vanilla and pecans. Pour into pie shells and bake 40 minutes at 375°. Makes 2 pies.

Mrs. C. H. Rogers (Judy)

## CHEESECAKE

1/2 cup graham cracker crumbs  
 2 pounds cream cheese, room  
 temperature  
 4 eggs

juice of 1 lemon  
 grated rind of 1 lemon  
 1 teaspoon vanilla  
 1 3/4 cups sugar

Preheat oven to 325°. Butter inside of souffle dish 8 x 3 inches deep or metal cake pan. Do not use spring form pan. Sprinkle with graham cracker crumbs and shake crumbs around bottom and sides until coated. Shake out excess crumbs. Place cream cheese, eggs, sugar, lemon juice, lemon rind and vanilla into a bowl and blend well with electric beater. Start at low speed and as ingredients blend, increase the speed to high. Continue beating until thoroughly blended and smooth. Pour into pan. Set the pan inside a slightly wider pan and pour boiling water into larger pan to a depth of about half an inch. Do not let edge of cheesecake pan touch the rim of larger pan. Set inside the oven and bake 1 1/2 - 2 hours. At the end of that time turn off oven and let cake sit in oven 20 minutes longer. Lift the cake out of water bath and let stand until it reaches room temperature. Invert a plate over the bottom of the cake and carefully turn this upside down so that the cake comes out right side up. May be garnished with berries or fruit.

Mrs. William E. Bellamy (Joan)

**PENNSYLVANIA DUTCH SHOO-FLY PIE**

1 cup flour  
2/3 cup brown sugar  
1 tablespoon shortening

Combine the above, saving half of the mixture for the top. To the rest add:

1 cup molasses  
1 beaten egg  
1 teaspoon baking soda  
1 cup hot water

Mix all together and pour into a 9 inch unbaked pie shell. Sprinkle crumbs on top. Bake 10 minutes at 375° and then 30 minutes at 350°.

Mrs. C. H. Rogers (Judy)

**STRAWBERRY PIE**

1 cup sugar  
1 1/2 cups pineapple juice  
2 eggs  
1 large can Carnation milk  
1 package strawberry jello

Put sugar, juice and eggs in a pan and bring to a boil. (Use electric beater to mix at first; it mixes the ingredients better.) Finish stirring with a spoon. When mixture comes to a boil, remove from heat and stir in jello. Let cool. Have milk, bowl and beaters cold. Whip milk until thick. Fold the cooked mixture slowly into the whipped milk. (Use spatula or spoon.) Pour into 2 deep dish baked pie shells. (I use Pet Ritz.) Put into the refrigerator. When filling is set, top with Cool Whip.

Mrs. Virgil Burney (Evelyn)

**STRAWBERRY PIE**

1 1/4 cups sugar  
3 tablespoons cornstarch  
1/8 teaspoon salt  
1 1/2 cups boiling water  
1 teaspoon red food coloring  
1 1/2 pints sliced fresh strawberries

Mix first four ingredients and cook until clear — about 3-5 minutes. Add red food coloring. Cool. Have berries cold and dry. Slice and mix with cool cornstarch mixture. Pour into baked pie crust. Refrigerate. Serve with dollop of whipped cream.

Mrs. William E. Bellamy (Joan)

**KABALA RUM BANANAS**

4 bananas  
1/3 cup honey  
lime juice  
1/3 cup rum

Peel bananas; cut in half lengthwise. Spread center side with very thin coating of honey. Sprinkle lightly with lime juice and pour rum over bananas, coating them. Bake at 250° for 20 minutes. Baste, then cook under broiler until they are lightly browned, about 2-3 minutes. Serves 4.

Mrs. Samuel T. Wyrick, III  
(Deborah)

**MINT PATTY SAUCE**

- 1 3 or 3 1/4 ounce vanilla pudding mix  
1 1/2 cups milk
- 1/2 cup chocolate covered mint patties (8 patties cut up)  
1 2-ounce package dessert topping mix (Cool Whip)

Combine pudding and milk. Add mints. Cook and stir until thick and melted. Remove from heat and cool. Fold Cool Whip into cooled pudding. Cover and chill. Place in individual pastry shells just before serving. Garnish if desired with chocolate curls and mint leaves. Yields 2 1/2 cups sauce.

Mrs. B. C. Cannon, Jr. (Betty)

**GRANDMA'S PECAN PIE**

- 3 eggs  
3/4 cup sugar  
1/2 cup melted butter  
3/4 cup light corn syrup
- 1/4 cup maple syrup  
1/8 teaspoon salt  
1 cup salted pecan halves  
1 unbaked 9-inch pie shell

Beat eggs until very light. Slowly beat in sugar, melted butter, salt, corn syrup and maple syrup. Stir in pecans. Pour into pie shell. Bake at 350° for 60 - 70 minutes. Test with knife for doneness. Serve with fresh whipped cream.

Mrs. Samuel T. Wyrick, III  
(Deborah)

**MAMA THOMAS' BOILED CUSTARD**

- 1 quart milk  
3 eggs, well beaten with mixer  
1 scant cup sugar
- 1/2 teaspoon vanilla  
dash nutmeg

In double boiler, heat milk. Pour eggs and sugar into hot milk and stir until spoon is coated. Remove from stove, add vanilla and a good dash of nutmeg.

Mrs. Harvy J. Hinnant (Tal)

**FLAN (Traditional Caramel Custard)**

- 1 1/2 cups granulated sugar  
4 cups milk  
8 eggs
- 1 cup granulated sugar  
2 teaspoons vanilla  
1 teaspoon salt

Melt sugar in medium skillet over low heat. Stir constantly until sugar dissolves and forms a light brown syrup. Pour syrup immediately into 10 buttered custard cups. Set in large, shallow baking dish filled half full of water.

In a medium saucepan over medium heat, warm milk until tiny bubbles form around edge. In medium bowl, beat 8 eggs slightly, add 1 cup sugar, vanilla and salt. Gradually add warmed milk, stirring constantly. Pour into custard cups. Set pan filled half full of water in oven. Bake one hour at 350° until knife inserted in center comes out clean. Refrigerate custard cups until well chilled. Carefully unmold.

Mrs. Joseph R. Nichols (Elizabeth)



## NO-CRUST CHEESECAKE

- |  |                     |
|--|---------------------|
| 2 8-ounce packages cream cheese        | 1 pint sour cream   |
| 3 eggs                                 | 3 tablespoons sugar |
| 2/3 cup sugar                          | 1 teaspoon vanilla  |
| 1/4 teaspoon vanilla or almond extract |                     |

Cream cheese; add eggs one at a time. Beat until light lemon in color. Add sugar and extract. Bake in a buttered pie plate 50 minutes at 300°. Cool 20 minutes. Mix sugar and vanilla with sour cream and pour over the cheesecake. Bake 15 minutes more at 300°. Serve cold. May be topped with any sweetened fruit, but we like it "as is."

Mrs. John H. Hartpence, Jr.  
(Sarah)

## CREAM CHEESE PIE

- |                                 |                          |
|---------------------------------|--------------------------|
| 1 cup graham cracker crumbs     | 1 cup sugar              |
| 2 tablespoons sugar             | 2 teaspoons vanilla      |
| 1/4 cup butter                  | 2 teaspoons grated lemon |
| 4 3-ounce packages cream cheese | 1 1/2 cups sour cream    |
| 2 eggs                          |                          |

Combine crumbs, 2 tablespoons sugar and butter. Mix well. Press crumbs into bottom and sides of a 9 inch pie pan. Refrigerate. Combine cream cheese, eggs, 3/4 cup sugar, 1 teaspoon vanilla and lemon peel. Beat until smooth. Turn into prepared crust and bake at 350° for 35 minutes. Combine sour cream, remaining sugar and vanilla. Spread pie with topping and bake 10 minutes longer. Cool completely on a wire rack. Serve at room temperature or refrigerate and serve chilled.

Mrs. Alton Russell (Ginny)

## MAMERE'S GRAPE NUT PUDDING

- |                  |                  |
|------------------|------------------|
| 1 cup Grape Nuts | 1 egg            |
| 3/4 cup sugar    | 2 to 3 cups milk |

Combine ingredients. Bake 350° for 45 to 50 minutes. Top with ice cream or whipped cream. Best served warm.

Mrs. James M. Boyette, Jr.  
(Nancy)

## SWEET POTATO PUDDING

- |                              |                           |
|------------------------------|---------------------------|
| 2 cups mashed sweet potatoes | 1/4 teaspoon nutmeg       |
| 1/2 cup butter (1 stick)     | 1/4 teaspoon cinnamon     |
| 1 cup sugar                  | 1/8 teaspoon clove powder |
| 2 eggs                       | 3/4 cups canned milk      |

Blend potatoes, butter and sugar. Add eggs one at a time, beating well after each. Add spices and milk and mix thoroughly. Bake in buttered dish at 375° for 35 minutes.

Mrs. G. William Edwards, Jr.  
(Sandy)

**CHOCOLATE DESSERT**

1/2 cup unsifted flour

1 cup sugar

2 blocks unsweetened chocolate

pinch of salt

2 unbeaten eggs

1/2 cup melted butter

Mix ingredients and pour into buttered dish. Bake in slow oven — 275° - 300° for 30 to 45 minutes. (Batter should not be cooked dry.) It should be slightly underdone. Serve hot, topped with whipped cream or ice cream. Serves 4 to 6.

Mrs. E. Lindsay Reed, II  
(Virginia)

**SPANISH CREAM**

1 quart milk

3 eggs

2 envelopes gelatin

3/4 cup sugar

1 teaspoon vanilla

1/4 teaspoon salt

1 cup sherry wine

Add gelatin softened in 1 cup cold milk to 3 cups scalded milk. Stir until gelatin dissolves. Combine egg yolks, sugar and salt. Blend with small amount of hot mixture. Stir egg mixture into remaining milk mixture. Cook as custard in double boiler until it thickens, then add beaten egg whites. Cook slightly. Add vanilla and stir in cup of wine. Chill. Serve with whipped cream.

Mrs. James D. Beckwith (Lib)

**LEMON FLIP**

2 tablespoons flour

1 cup sugar

1 cup milk

juice of 2 or 3 lemons

3 eggs, separated

Sift dry ingredients. Add beaten yolks, milk and lemon juice. Fold in stiffly beaten egg whites. Bake in buttered dish set in pan of hot water 25 minutes in 375° oven. Even better if flour, sugar, milk and yolks put into blender, then add lemon juice. Fold this into stiffly beaten egg whites. Bake 25 minutes at 375°.

Mrs. E. T. Powell (Jane)

**LEMON CREAM SHERBET**

2 cups milk

1 3/4 cups sugar

1 cup lemon juice

2 egg whites

4 tablespoons sugar

1 cup whipping cream

Dissolve 1 3/4 cups sugar in milk. Add grated rind of 1 lemon and 1 cup lemon juice; stir well. Pour into ice cube tray, wet bottom, and place in freezer until firm. Beat egg whites until stiff and add 4 tablespoons sugar. Whip cream to a custard consistency. Fold in egg whites. Beat frozen lemon mixture slightly and fold into egg and cream mixture. Return to tray and freeze.

Mrs. John B. Parker (Sarah)

## STRAWBERRY DESSERT

1/2 pound crushed vanilla wafers  
1/2 pint whipped cream (whip with  
1 teaspoon vanilla)  
1 quart strawberries, drained  
2/3 stick margarine  
2 small eggs  
1 1/2 cups powdered sugar

Cream butter and sugar. Add 1 egg at a time. Cream until very fluffy. Grease pan with butter. Make layer of wafers. Next, add layer of sugar mixture. Next, layer of strawberries, then last a layer of whipped cream. Sprinkle with crumbs. Chill.

Mrs. Joseph R. Nichols (Elizabeth)

## STRAWBERRY DELIGHT

1 cup flour  
1/2 cup melted butter  
1/2 cup brown sugar  
1/2 cup chopped pecans  
Mix and press into large pan. Bake 20 minutes at 325°. Cool. Crumble and save 1/3; put 2/3 back into pan.  
2 envelopes Dream Whip  
2 egg whites  
3/4 cup sugar  
2 tablespoons lemon juice  
10 ounce package frozen strawberries, thawed

Prepare Dream Whip according to package directions. Refrigerate. Beat egg whites until stiff. Add sugar and lemon juice. Beat until it peaks. Fold in Dream Whip and strawberries. Pour over crumbs and top with remaining 1/3 of crumbs. Freeze.

Mrs. C. Daniel Shelburne (Edith)

## GINGERBREAD SAUCE

1 cup sugar  
1/2 cup butter (1 stick)  
1/2 cup cream (or half & half)  
1 teaspoon vanilla

Cream sugar and butter. Add cream. Heat in double boiler. Add vanilla and serve hot over gingerbread. (A great company dessert.)

Mrs. Susan Brooks

## GRANDMOTHER HUTCHIN'S WINE SAUCE (Serve over plum pudding or date pudding)

1 cup sugar  
1/2 cup butter  
1 egg, separated  
1/2 cup water  
wine (brandy or bourbon)

Cream sugar and butter. Add beaten egg yolk to creamy mixture. Add water. Flavor with wine (brandy or bourbon). Cook until soft like syrup, then add beaten egg white.

Mrs. Carroll Mann, Jr. (Bobbie)



**GINGERBREAD**

1 cup flour  
1 teaspoon baking powder  
1 teaspoon ginger  
1/2 teaspoon cloves

1 egg, well beaten  
1/2 cup sugar  
1/2 cup molasses  
1 stick oleo  
1/2 cup boiling water

Sift dry ingredients, flour, baking powder, ginger and cloves. Melt oleo in baking pan 7" x 11". Add sugar and molasses to egg. Add melted oleo. Fold in sifted ingredients. Then add 1/2 cup boiling water. Bake 30 minutes at 325°.

Mrs. George L. Margeson III  
(Phyllis)

**ORANGE FLUFF (Serve on warm gingerbread)**

3 egg yolks  
1/2 cup sugar  
1/3 - 1/2 cup orange juice

1 tablespoon grated orange rind  
1 cup whipping cream, whipped  
stiff

Mix egg yolks, sugar, and orange juice in top of double boiler. Cook over hot water, stirring constantly until thickens - about 15 minutes.) Stir in orange rind. Cool. Fold in whipped cream.

Mrs. William Bellamy (Joan)

**YUMMIEST ICE CREAM**

4 eggs  
2 1/2 cups sugar  
6 cups milk

4 cups light cream (half-n-half)  
2 teaspoons vanilla  
1/2 teaspoon salt

Beat eggs until light; add sugar gradually. Beat until thickens. Add rest of ingredients and mix well. Freeze in hand crank or electric homemade ice cream freezer.

Mrs. William E. Bellamy (Joan)


**MRS. BAGBY'S POUND CAKE**

1/2 pound butter  
2 cups sugar  
5 eggs

2 cups sifted flour  
1 teaspoon vanilla

At medium speed beat butter until soft; add sugar by cupfuls beating after each. Add eggs one at a time, beating after each, but only enough to mix after the last. Add vanilla and mix lightly. Pour into a greased and floured 9-inch steeple pan. Bake at 300° for 15 minutes, then at 350° for 45 minutes. Cool on rack 5-10 minutes before turning cake out on plate or wax paper.

Mrs. L. P. Watson (Miranda)



# Pickles and Preserves



“Laying up in store for themselves  
a good foundation against the time  
to come...”

— 1 TIMOTHY 6:19



**BREAD AND BUTTER PICKLES**

10 medium cucumbers  
 3 large onions  
 1/2 medium sweet pepper  
 1/4 cup salt  
 1 2/3 cups vinegar

1 2/3 cups sugar  
 1 1/2 teaspoons mustard seed  
 1/3 teaspoon turmeric  
 1/4 teaspoon ground cloves

Wash cucumbers; slice as thin as possible. Chop onions and pepper; combine with cucumbers and salt. Let stand 3 hours. Drain. Combine remaining ingredients in a large kettle; bring to a boil only. Add drained cucumbers. Heat thoroughly, but do not boil. Pack in jars while hot.

Mrs. Charles H. Rogers (Judy)

**LIME STICKS**

10-11 pounds large cucumbers  
 2 cups household lime  
 2 gallons cold water  
 4 1/2 pounds sugar (about 9 cups)

2 quarts white vinegar  
 6 sticks cinnamon bark  
 green food coloring

Using a potato peeler, peel cucumbers and remove seeds. Cut into strips that will fit jars. This should result in 7 1/2 pounds of strips. Soak the strips in lime dissolved in cold water. Soak in enamel or plastic container for 24 hours. Stir occasionally. Rinse well three times. Let stand in cold water for 3 hours. Bring to a boil the sugar, vinegar, cinnamon bark and food coloring. Pour over sticks and let stand 12 hours. Put sticks and syrup on to boil for 30 minutes. Seal in sterilized jars while hot. Makes about 12 pints.

Mrs. Joe Dietzel (Rosalie)

**GREEN TOMATO PICKLES**

7 pounds green tomatoes  
 2 gallons cold water  
 3 cups household lime

5 pounds sugar  
 5 pints vinegar  
 7 teaspoons pickle spice

Mix together in a plastic container the tomatoes, water and lime. Let set 24 hours. Wash and let set in clear water for 1 hour. Do this four times. Drain. Mix sugar, vinegar and spice. Bring to a boil. Pour over tomatoes and let sit overnight. Boil all together gently for 1 hour. Put in hot jars and seal.

Mrs. Joe Dietzel (Rosalie)

**ARTICHOKE PICKLE**

1 peck Jerusalem artichokes  
 3 pounds brown sugar  
 6 quarts vinegar

12 medium onions  
 1 1/2 boxes mixed pickling  
 spices

Scrub artichokes thoroughly and soak overnight in salt water. Boil vinegar, sugar, onions and spices for 5-10 minutes. Place artichokes in hot sterile jars; pour in pickling solution and seal jars.

Mrs. John C. Smith (Margaret)



**ZUCCHINI PICKLES**

- |                      |                          |
|----------------------|--------------------------|
| 2 pounds zucchini    | 2 cups sugar             |
| 2 small onions       | 1 teaspoon celery seed   |
| 1/4 cup salt         | 1 teaspoon turmeric      |
| 2 cups white vinegar | 2 teaspoons mustard seed |

Wash zucchini and cut into thin slices. Peel and quarter onions and cut in thin slices. Cover vegetables with water and add salt. Let stand 2 hours. Drain thoroughly. Bring remaining ingredients to boil and pour over vegetables. Let stand 2 hours. Bring to boil and boil 5 minutes. Pack in hot sterilized jars and seal. Makes about 3 pints.

Mrs. Charles H. Rogers (Judy)

**GRANDMOTHER'S CORN RELISH**

- |                             |                          |
|-----------------------------|--------------------------|
| 12 ears corn                | 1 teaspoon turmeric      |
| 4 medium onions, peeled     | 2 cups sugar             |
| 1 small head cabbage        | 1 tablespoon dry mustard |
| 3 sweet red peppers, seeded | 1 quart vinegar          |
| 3 tablespoons salt          | 3 tablespoons flour      |

Cut all vegetables fine. Blend salt, flour, turmeric, sugar, mustard ; add vinegar gradually. Bring to a boil and add vegetables. Simmer 25-30 minutes. Seal at once in hot sterilized jars. Makes 8 pints.

Mrs. Wm. E. Bellamy, Jr. (Joan)

**PEAR RELISH**

- |                     |                              |
|---------------------|------------------------------|
| 1 peck pears        | 6 cups vinegar (apple cider) |
| 8 sweet red peppers | 5 cups sugar                 |
| 4 green peppers     | 1 tablespoon salt            |
| 8 onions            | 1 tablespoon wholespice      |

Grind together pears, peppers and onions. Bring spice, salt, vinegar and sugar to a boil. Add other ingredients and simmer 45 minutes. Allow to cool and pack in jars. Seal.

Mrs. Charles H. Rogers (Judy)

**PEPPER RELISH**

- |                                |                    |
|--------------------------------|--------------------|
| 2 dozen red bell peppers       | 2 tablespoons salt |
| 6 or 8 small green hot peppers | 3 cups vinegar     |
| 7 onions                       | 3 cups sugar       |
| 2 tablespoons mustard seed     |                    |

Remove seeds and stem from peppers and quarter. Grind with onions in coarse grinder. Pour boiling water over peppers and onions and drain well. Mix other ingredients and bring to boil. Add peppers and onions and boil for 30 minutes. Seal in hot, sterilized jars.

Mrs. Joe Dietzel (Rosalie)

**COPLEY PLAZA RELISH**

1 quart (1 3/4 pounds) chopped  
green tomatoes

1/4 cup salt

1 quart (1 3/4 pounds) chopped  
ripe tomatoes

5 small onions, chopped

3 red peppers, chopped

2 green peppers, chopped

2 cups sugar

1 pint vinegar

Cover green tomatoes with salt. Let stand overnight and drain. Add other ingredients. Cook 30 minutes. Place in warm jars and seal. Yield: 5 pints.

Mrs. V. W. Haverstick  
(Katherine)

**PEPPER JELLY**

3 cups green pepper, chopped

1/4 to 1/2 cup hot pepper, chopped

3 cups vinegar

5 pounds sugar

2 bottles Certo

green food coloring

Put 1 cup of peppers and 1 cup of vinegar in the blender at a time until all is blended. Add sugar. Boil 2-3 minutes. Add coloring and Certo and boil 1 minute. Jar and seal with paraffin. Serve over cream cheese and crackers or as a meat accompaniment. Yield: 6 pints.

Mrs. James H. Johnson, Jr. (Cece)

**MOTHER'S STRAWBERRY PRESERVES**

4 cups strawberries

3 cups sugar

1 1/2 tablespoons lemon juice

Boil berries and lemon juice for 3 minutes. Add sugar; boil hard for 6 minutes. Pour into a shallow dish (china or porcelain). Let stand 24 hours turning thoroughly several times to aerate. Spoon into sterile jars. Cover with paraffin layer. Makes 4 small jars. (Skim off foam as it forms on the preserves while cooking.)

Mrs. Banks C. Talley, Jr. (Louise)

**STRAWBERRY-FIG PRESERVES**

3 cups mashed figs (approximately  
4 1/2 dozen)

2 small packages strawberry jello

3 scant cups sugar

Put figs, sugar and jello in a pan and cook slowly for 20-30 minutes or until the mixture thickens. Stir almost constantly. Yield: 5 1/2 1-cup jars.

Mrs. Joe Dietzel (Rosalie)

**BREAD AND BUTTER PICKLES**

1 gallon sliced cucumbers  
(this is approximately 8 pounds  
cucumbers)

12 small white onions  
1/2 cup salt  
cracked ice

**Pickling Syrup**

4 cups sugar  
4 cups vinegar  
1 1/2 teaspoons turmeric

1/2 teaspoon ground cloves  
2 tablespoons mustard seed  
1 tablespoon celery seed

Wash cucumbers, but do not peel. Slice them thin. Peel and slice onions. Mix well with the salt. Bury in ice and let stand for 3 hours.

Mix all ingredients for pickling syrup. Bring slowly to a boil and let boil for 5 minutes.

Drain brine off cucumbers and onions and add these to the hot syrup. Heat slowly to just below boiling, stirring occasionally with a wooden spoon. Fill hot sterile jars and seal. (The above amounts make about 8 pints of pickles.)

Mrs. John Clayton Smith  
(Margaret)

**PICKLED OKRA**

2 pounds okra  
red peppers  
garlic cloves  
1 quart white vinegar

1/2 cup water  
6 tablespoons salt  
1 tablespoon mustard seed

Wash okra and pack in hot jars with 1 pepper and 1 clove garlic. Bring liquids and spices to boil and pour over okra. Seal jars. Let stand 8 weeks.

Mrs. W. Keith Hobbs (Cindy)

**TOMATO RELISH**

7 pounds tomatoes (canned or fresh)  
1 pint vinegar  
3 pounds sugar

1 ounce allspice  
1 ounce cinnamon  
1 ounce powdered cloves

If using fresh tomatoes, pour boiling water over and peel. Cut in quarters and boil stowty for an hour. It does not need any liquid, just stir until they are soft. Then add vinegar and sugar. Put spices into a cloth and tie tightly. Drop into kettle. Cook until thick. Do not cover. Cool and put into jars.

Mrs. Carroll Mann, Jr. (Bobbie)



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